

- Easy No Sweat Recipe -

Jamaican Jerk Beef Stew

These no jerking around with the flavour of this stew. It's rocks from the first bite. Serve over rice. This recipe also works in a slow cooker and the Instant Pot.

Serves 6 people

3 medium carrots, cut into 1" chunks
1 large parsnip, cut into 1" chunks
2 onions, cut into 1/2" wide wedges
2 large cloves garlic, chopped
oil, for browning
1/2 lb (250 g) mushrooms, quartered
2 lbs (1 kg) stewing beef, cut into small bite-size cubes
2 tbsp **Jamaican Bobsled Jerk Seasoning**
1 1/2 cups canned diced tomatoes
about 2 cups beef broth



1. In a large skillet over medium heat, sauté the carrots, parsnips, onions and garlic until they begin to brown. Remove to a greased oven-safe casserole dish. Sauté the mushrooms until they release their juices. Continue to cook until the moisture has evaporated then add them to the vegetables.
2. Increase the heat to high, add some additional oil to a hot skillet and brown the beef in batches. Sprinkle each batch with some of the **Jamaican Bobsled** seasoning and cook for about 1 minute before transferring each batch to the dish with the vegetables. You can also do all the sautéing in an Instant Pot.
3. To the casserole dish, add the diced tomatoes and enough beef broth to barely cover the stew. Cover with a lid and cook in a 325°F oven for about 4 hours, or until the meat is very tender (About 5 hours in the Crockpot, and 40 minutes in an Instant Pot). Once the stew is cooked, you can thicken the sauce with several tbsp of cornstarch diluted in several tbsp of cold water. Add the cornstarch slurry to the stew and cook for several minutes until the sauce has reached the desired consistency. Taste and adjust seasonings.

For more No Sweat recipes : go to www.beakitchenhero.com