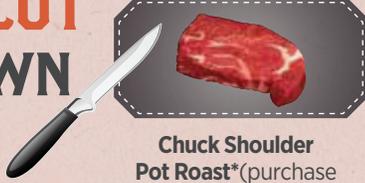


3 SIMPLE STEPS FOR STEWING BEEF

STEP 1

CHOOSE YOUR CUT or CUT YOUR OWN

Some of the best cuts for stewing include: (*indicates lean)



Chuck Shoulder Pot Roast* (purchase whole and *cut into cubes*)



Bottom Round Roast* (purchase whole and *cut into cubes*)



Beef for Stew (often made from Round or Chuck)

STEP 2

PREPARE YOUR BEEF

Coat beef lightly with seasoned flour if desired.



Heat a small amount of oil in a heavy stockpot over medium heat.



Slowly brown beef in batches, on all sides. Pour off drippings.

TEST KITCHEN SECRET:

Browning is an important step because it gives the finished dish a rich, beef flavor.

STEP 3

COOK YOUR BEEF



Cover beef with liquid (such as broth, water, juice, beer or wine).



Add herbs or seasonings, as desired. Bring liquid to boil, reduce heat to low.



Cover tightly and simmer over low heat to tenderize the beef and lock in flavor until fork-tender.



STEW IT UP

Now that you've simmered over these three simple steps, try testing out your new skills with these nutritious and delicious recipes.

BEEF COACH'S TIPS:



Best Tool: Stockpot

TIP NO 1

Cook until fork-tender. To test for doneness, insert a double-pronged meat fork into the thickest part of the beef. When fork can be inserted with little resistance and releases easily when pulled out, beef is done.

TIP NO 2

Get saucy! After making a stew, the cooking liquid may be reduced or thickened for a sauce, as desired.

BEEF



Funded by the Beef Checkoff.

For simple meal ideas, **nutrition** and **cookery information** as well as other great cuts for broiling, visit BeefItsWhatsForDinner.com

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