

Caribbean Beef Stew

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1 bag (16 ounce) frozen yucca
1 1/2 pounds beef for stew
1 teaspoon Kosher salt
1/2 teaspoon pepper
1/4 cup flour
large zip-top bag
3 tablespoons coconut (or vegetable) oil
6 cloves garlic
1 teaspoon fresh grated ginger
2 cups dry white wine
3 cups unsalted beef stock (or broth)
1 large Sweet potato

Set the yucca out to thaw (up to one hour).

Preheat a large stockpot on medium-high for 2 to 3 minutes. Place the beef, salt, pepper and flour in the plastic bag (wash hands). Seal tightly and shake to coat the beef. Place oil in the pot. Add the beef, reserving any flour left in the bag. Cook for 3 to 4 minutes, turning often, or until brown on all sides. Chop the garlic. Remove the beef from the pan. Set aside.

Add the garlic and ginger to the same pot. Cook for 2 to 3 minutes or until the garlic is fragrant. Add the wine. Simmer for 3 to 4 minutes or until reduced by about one-half.

Return the beef to the pot. Stir in the remaining flour. Cook and stir for 1 to 2 minutes or until the sauce thickens. Reduce the heat to low. Add the stock. Cover. Simmer for 45 minutes. Remove the fibrous core from the yucca and discard. Chop the yucca into bite-size pieces. Peel the sweet potato and chop into bite-size pieces.

About 30 minutes into cooking time, add both vegetables to the stew. Cook 15 to 20 minutes more until the vegetables are tender when pierced with a fork and the beef is 145 degrees.

Per Serving (excluding unknown items): 601 Calories; 1g Fat (2.4% calories from fat); 7g Protein; 66g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1925mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Vegetable; 0 Fat.