

Texas Stew Beef

6 - 8 Servings



Amount	Size	Description
3	Lbs.	Boneless Beef Chuck Roast – Cut Into 1# Cubes
3 – 6	Tbl	Old Norse World Cuisine Texas Chili – Adjust for spiciness and depth of flavor
1	Tea.	Flour – Add 1 Teaspoon for each Tablespoon of Texas Chili Blend
14	Ounces	Beef Stock
1	Tbl	Old Norse World Cuisine Chef Rick’s Hot Sauce (Optional for more spice and flavor)
		Canola Oil

1. Heat a skillet to medium high heat then add some oil.
2. Once the oil is heated and some of the beef cubes. Brown on all sides.
3. Take cubes out and place on a tray lined with paper towel. Allow any oil to drip away.
4. Continue browning all the beef cubes, not doing too much at one time. Focus on smaller batches.
5. When all the beef has been browned, return all the cubes back to the skillet.
6. Add the beef stock, flour (1 Tbl for each Tbl spice blend) and Texas Stew Spice Blend.
7. Stir until nicely mixed.
8. Simmer and reduce the stock until a nice thick sauce is reached.
9. Place beef on a tortilla and serve with optional sour cream or Greek Yogurt.
10. Can also pair the beef with Sweet Black Beans. You can find the recipe on www.oldnorsechef.com

