

# Chipotle Beef Stew with Garlic Herb Mashed Potatoes

Serves 4

## Stew Ingredients

3 1/2 lbs. Beef Chuck Roast or Beef Stew Meat cut into 1" cubes  
1 ea. Green Pepper, Seeded and ribs cleaned out, cut into large cubes  
1 ea. Red Pepper, Seeded and ribs cleaned out, cut into large cubes  
1 ea. Yellow Onion, large, cut into large cubes  
5 oz. Chipotle Peppers in Adobo Sauce, cut into small cubes  
2 oz. Vegetable oil  
1 1/2 qt. Beef stock  
1/2 Tsp. Dried Thyme  
1 Tbl. Chile powder  
2 Cloves Garlic, minced  
1 Tsp. Fresh Ground Black Pepper  
Kosher Salt to taste  
2 Tbl. Corn Starch  
1 1/2 Tbl. Water

## Garlic Herb Mashed Potato Ingredients

5 ea. Idaho Russet Potatoes, peeled and cut into large chunks  
Water to cover the potatoes  
Kosher Salt to taste  
Fresh Ground Black Pepper to taste  
1 Clove Garlic, Minced  
1/4 Bunch Fresh Parsley, chopped fine  
3 oz. Whole Butter  
1/2 c. Milk

24 Fresh Thyme sprigs for garnish

## Directions for the Stew

In a heavy bottom stock pot heat the vegetable oil over medium high heat. Season the beef with the salt and black pepper. When the oil is very hot add the beef in batches being sure not to over load the pan. Sear until all the beef is nicely browned and caramelized. Remove each batch after browning and reserve. After the last batch of the beef is complete add the peppers and the onions to the pan. Cook for 1 to 2 minutes. Deglaze the pan by adding 1/4 of the beef stock and scraping the pan to incorporate the brown bits and pieces at the bottom of the pan. (Adds great color and flavor.) Return the beef to the pan and the remaining stew ingredients. Cover and bring to a boil. Reduce the heat to simmer and let stew until the beef is tender. Approximately 1 to 1 1/4 hours. When tender. Thicken the stew by combining the corn starch and the water in a small bowl to form a paste (slurry). Slowly add the mixture being sure to stir it in as you go to

avoid the starch from coagulating at the bottom of the pan. Return to a boil for 1 to 2 minutes to cook out the raw corn starch flavor.  
Reserve the warm stew for service.

### **Directions for the Potatoes**

Cover the potatoes with water in a pan and bring to a boil. Cook until tender approximately 15 to 20 minutes. Heat the butter in a small sauce pan, add the garlic and heat until the butter is melted and the garlic aroma is released. Remove the butter from the heat and reserve. Drain the potatoes well. Mash the potatoes then add 2/3 of the garlic butter, mash together then add the milk and the parsley. Beat in. Adjust the seasoning with salt and pepper. Reserve the remaining garlic butter over the potatoes at service time.

### **To Serve**

Place a mound of potatoes in the center of a deep bowl and spoon the stew around the potatoes. Drizzle the garlic butter over the potatoes and garnish with the fresh thyme sprigs

### **Crock Pot version**

Follow the original directions up to the adding the peppers and onions to the pan the beef were browned in. Add the cubed potatoes from the Garlic Herbed Mashed Potatoes and cook for 2 to 3 minutes. Deglaze the pan with ¼ of the beef stock. Return the beef to the pan and add the remaining stew ingredients except the corn starch and water. Pour the ingredients into a crock pot. Turn on to low. Combine the corn starch and the water together then stir into the stew mixture. Allow to cook until tender and thickened.

### **Quick version**

Replace the Beef Chuck Roast with Beef Tenderloin cut into 1 inch thick filets. Season the filets and sear with the vegetable oil in a sauté pan until browned and caramelized but still rare to medium rare. Reserve. Sauté the peppers with the onion 2 to 3 minutes being sure to scrape up the brown bits in the pan. Add the chipotles, seasonings and the garlic. Cook 1 minute add the beef stock but only enough to prepare a sauce for the quantity of beef you are using. Bring to a boil. Prepare the corn starch mixture by combining the corn starch and the water to form a paste. Slowly add the mixture stirring as you go to avoid the mixture from coagulating at the bottom of the pan. Only add enough corn starch mixture to thicken the quantity of liquid you used. Remove from the heat. Reserve. Prepare the potatoes as directed in the original recipe. When the potatoes are ready return the sauce to the heat add the beef filets and bring to a quick boil. Warm the beef to medium approximately 2 minutes or less. Serve as directed.