



## Irish Beef Stew

with Cheesy Mashed Potatoes & Root Veggies

 30-40min  2 Servings

This hearty stew tastes like you toiled over it all day, but you'll get it to the table in a fraction of that time. Adding a simple slurry of flour and broth at the end of cooking helps thicken the stew a bit, while also giving it a velvety texture. Served on top of cheesy mashed potatoes, this is the perfect family-friendly gastropub-style dinner enjoyed at home.

## What we send

- 1 yellow onion
- 2 carrots
- 1 parsnip
- ¼ oz fresh parsley
- 10 oz pkg beef strips
- 2 potatoes
- 6 oz tomato paste
- 1 pkt beef broth concentrate
- 2 oz shredded cheddar-jack blend <sup>7</sup>

## What you need

- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- olive oil

## Tools

- medium saucepan
- medium pot
- potato masher or fork

## Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 810kcal, Fat 36g, Carbs 84g, Protein 38g



### 1. Prep ingredients

Cut **onion** into ½-inch pieces. Scrub and trim ends from **carrots** and **parsnip**, then cut into 1-inch pieces.

Pick and coarsely chop **parsley leaves**; discard stems.

Pat **beef** dry. Season with **salt** and **pepper**.



### 4. Cook stew

Add **onions, carrots, and parsnips** to same pot. Cook, stirring occasionally, until browned and crisp-tender, 5-6 minutes. Add **2 tablespoons tomato paste**, stirring to coat. Stir in **broth concentrate** and **2½ cups water**; season with **salt** and **pepper**. Bring to a boil. Add **beef** and reduce heat to a simmer. Cook, partially covered, until tender, 10-12 minutes.



### 2. Cook potatoes

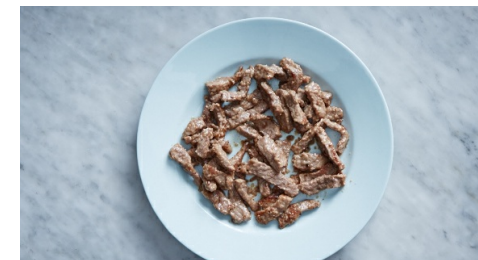
Scrub **potatoes**, then cut into 1½-inch pieces; transfer to a medium saucepan. Add enough **salted water** to cover by 1 inch. Bring to a boil, then reduce heat to a simmer. Cook until easily pierced with a knife, 10-12 minutes. Reserve **¼ cup cooking water**, then drain. Return potatoes to saucepan off heat and cover to keep warm.



### 5. Finish stew & potatoes

In a small bowl, add **1 tablespoon flour** with **¼ cup of the broth from stew**; whisk until smooth. Stir into stew and simmer until thickened, 3-5 minutes.

To **potatoes**, add **reserved cooking water, cheese, half of the parsley, and 1 tablespoon oil**. Use a potato masher or fork to mash over low heat until smooth and warm. Season to taste with **salt** and **pepper**.



### 3. Brown steak strips

Place **2 tablespoons flour** in a shallow bowl. Add **beef** and toss to coat, shaking to remove excess flour.

Heat **2 tablespoons oil** in a medium pot over medium-high. Add beef in a single layer and cook until browned all over and cooked through, 4-5 minutes. Use a slotted spoon to transfer to a plate.



### 6. Serve

Spoon **mashed potatoes** into bowls, creating a well in the middle. Top with **beef stew** and garnish with **remaining parsley**. Enjoy!