

# Northern Italian Beef Stew

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/northern-italian-recipe>

## Ingredients:

- 2 pounds bottom round or lean top round, trimmed of fat, cut into 1? cubes.
- 2 tablespoons olive oil
- 2 sweet onions large, diced
- 2 cups celery cut into chunks
- 4 carrots large, peeled and cut into large rounds
- 1 pound crimini mushrooms cut into chunks or thick slices
- 2 tablespoons minced garlic
- 2 cups dry red wine
- 1 1/2 pounds creamers red bliss A, cut in halves or quarters, 1? chunks
- 4 tomatoes large, chopped
- 1 teaspoon dried thyme or 1 Tb fresh
- 1 teaspoon marjoram dried, or oregano, or 1 Tb fresh
- 1/2 teaspoon dried sage or 2 tsp fresh
- 1 tablespoon dried basil or 1 Tb fresh minced
- 1 quart beef stock
- 1/2 quart marinara sauce

## Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 135 milligrams
4. Fat: 38 grams
5. Fiber: 15 grams
6. Protein: 66 grams
7. SaturatedFat: 14 grams
8. Sodium: 1260 milligrams
9. Sugar: 35 grams

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