

When thinking of a recipe to come home to that represents the holidays, we thought what better recipe than a homestyle beef and lentil stew. While forming our recipe, we wanted to use brave and bold flavors to symbolize the atmosphere here at the University of Idaho, while creating a recipe that embodies the vandal family. We used lentils and unique spices to construct that brave and bold flavor and to utilize a popular crop among our vandal home. We wanted to make this brave and bold stew because we believe there is not a better dish that creates that warm feeling of home and the holiday season while still expressing vandal pride.

Total Servings - Total servings for these recipes are 8-12 servings

Serving Size - 1 cup

Dietary Considerations - Dairy-free

Ingredients for Brave and Bold Beef Stew

Beef Marinade

- 1 1/2 Pounds Beef Chuck Roast
- 1 1/2 Cup Malbec Red Wine
- 1/2 Cup Worcestershire Sauce
- 2 Tablespoons Olive Oil
- 2 Sprigs Fresh Thyme
- 3 Cloves Garlic
- 2 teaspoons Salt
- 2 teaspoons Pepper

Stew

- 1 Large Sweet Potato (Yam)
- 1 Turnip
- 2 Cups Lentils
- 1 Large Carrot
- 3 Stalks Celery
- 5 Leaves Kale
- 1 Large Onion
- 10-12 Cups Beef Stock
- 4-6 Cloves Garlic

- 2-3 Sprigs Fresh Thyme
- 2 Tablespoons Lime Juice
- 3 Tablespoons Flour
- 3 Tablespoons Butter
- 2 Tablespoons Olive Oil
- 1 teaspoon Cumin
- 2 teaspoons Chili Powder
- 1 teaspoon Smoked Paprika
- To Preferred Taste Salt and Pepper

Garbanzo Beans

- 1 Can Garbanzo Beans
- 1 Tablespoon Olive Oil
- 1/2 teaspoon Salt
- 1/2 teaspoon Pepper
- 1/2 teaspoon Garlic Powder

Brave and Bold Beef and Lentil Stew

Part One: Marinade

STEP 1 Season chuck roast with garlic, thyme, salt, and pepper.

STEP 2 Place chuck roast into gallon Ziploc bag and store in the refrigerator for two hours.

STEP 3 After two hours, add wine, Worcestershire, and olive oil.

STEP 4 Place back into refrigerator and let it sit overnight.

Part Two: Stew

STEP 1 Wash all vegetables and prepare to chop.

STEP 2 Dice onion and set it aside. Then chop sweet potato and turnip into medium-sized pieces. Proceed to chop kale, carrot, and celery.

STEP 3 Mince 4-6 cloves of garlic.

STEP 4 In small pot, melt 3 tablespoons of butter and then add 3 tablespoons of flour to create a thick, smooth rye. Add more butter if needed.

STEP 5 In large pot, heat 2 tablespoons of olive oil over medium heat and add diced onion and minced garlic. Cook for 3-5 minutes.

STEP 6 Combine beef broth, lime juice, lentils, chopped vegetables, rye, cumin, chili powder, smoked paprika, thyme, and salt/pepper to taste.

STEP 7 Bring to a boil, then reduce to a simmer and cook for 20 minutes or until sweet potatoes and lentils are tender. While this is cooking, proceed to Part 3: Cooking Roast, to begin the roast.

STEP 8 5 minutes before the stew is finished, add diced meat and finish cooking. **STEP 9** Top with roasted garbanzo beans (see Part 4: Garbanzo Beans), serve and enjoy!

Part Three: Cooking Roast

STEP 1 Preheat oven to 300 °F

STEP 2 Heat 1 tablespoon of olive oil in skillet over medium-low heat.

STEP 3 Sear roast 2-3 minutes on one side.

STEP 4 Then place roast on the non-sear side on a baking sheet and finish cooking in oven for 20-25 minutes. Cook to an internal temperature of 145 °F. While the roast cooks, finish Part 2: Stew.

STEP 5 When roast is finished, remove from heat and cover with aluminum foil. Let rest for 10 minutes before slicing.

STEP 6 After 10 minutes of rest, cut the chuck roast into small bite-sized cubes and add into stew 3-5 minutes before stew is done cooking.

Part Four: Garbanzo Beans

STEP 1 Place oven on high broil and preheat to 450 °F

STEP 2 Drain canned garbanzo beans, rinse, remove skins, and pour into bowl.

STEP 3 Mix beans with olive oil, garlic powder, salt and pepper.

STEP 4 Pour beans evenly onto non-stick baking sheet.

STEP 5 Bake for 8-10 minutes.

STEP 6 Serve as garnish on top of stew. Enjoy!

Nutritional Data for Brave and Bold Beef and Lentil Stew

Calories 443

Total Fat 21 g

Cholesterol 64 mg

Sodium 2,296 mg

Total Carbohydrate 29 g

Protein 31 g

Sugar 6 g

Fiber 8 g

Nutritional Data for Brave and Bold Roasted Garbanzo Beans

Calories 66

Total Fat 3 g

Cholesterol 0 mg

Sodium 446 mg

Total Carbohydrate 8 g

Protein 3 g

Sugar 0 g
Fiber 3 g