Healthy Recipe of the Week
Use Organic ingredients whenever possible.

Rich and Hearty Bacon Beef Stew
From Juli Bauer's Paleo Cookbook

½ pound bacon
1 ½ pounds beef stew meat
Fine sea salt and black pepper
3 cloves garlic, minced
1 large yellow onion, chopped
4 large carrots, chopped
3 stalks celery, chopped
3 medium parsnips, peeled and chopped (We're not big parsnip people, so I left these out)
1 tsp garlic powder
1 tsp dried thyme
½ tsp dried rosemary
1 cup red wine
1 quart (32 ounces) beef broth
1 (6-ounce) can tomato paste
2 Tbsp coconut aminos
1 bay leaf
2 cups button mushrooms (The kids don't like mushrooms, so I left these out too)
1 batch cauliflower puree*

1. In a large, heavy-bottomed pot over medium heat, cook the bacon until crispy, about 10 minutes. Remove with a slotted spoon and set aside.
2. Season the meat with salt and pepper and place in the pot. Cook until browned on all sides, about 10 minutes. Remover from the pot and set aside.
3. Place the garlic in the pot and cook for 2-3 minutes, until fragrant. Add the onion, carrots celery, and parsnips. Sprinkle the vegetables with 1 tsp of salt along with the garlic powder, thyme, and rosemary and mix with a spoon.
4. Pour in the wine, beef broth, tomato paste, and coconut aminos and add the bay leaf. Return the meat to the pot and mix everything together. Reduce the heat, cover, and simmer for 1 ½ hours. While the stew is simmering, make the cauliflower puree.
5. Add the mushrooms to the stew and cook, uncovered, for another 10 minutes to help thicken the sauce.
6. Remove the bay leaf, then add the bacon to the pot and mix well to combine.
7. Serve the stew over the cauliflower puree.

*See the "cauliflower mashed potato" recipe on the website.