

From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



Amy C's Cranberry Beef Stew

Taste-tested by Amy C

2 T each grassfed butter & Extra Virgin Olive Oil
2# Beef stew meat, cut into 1" cubes
¾ t salt
Pepper to taste
2 large garlic cloves, minced
2 medium onions, finely chopped
¾ cup each of the following: dry red wine, beef stock or broth
2 T red wine vinegar
1 T tomatoe paste
1-1/2 cup cranberries
1/3 cup light brown sugar
2 T flour

Heat 1 tablespoon each EVOO and butter in a 5-quart pan. When oil is hot, add one-half of the beef and cook until well browned. Set aside and cook remaining beef the same way; remove from pan and set aside. Season with salt and pepper

Add the garlic, onions, wine and stock or broth, vinegar, tomato paste and ¼ teaspoon salt. Bring to a boil, cover and reduce heat. Simmer until meat is tender, about 2 hours. Add cranberries, sugar and flour and stir well. Cover and cook for 10 minutes. Serve immediately.



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