

Kimchi Beef Stew

Prep Time: 15 minutes

Cook Time: 1-1½ hours

1 package (454 g) **Ontario Natural Stewing Beef**
1 jar (744 mL) **Ontario Natural Kimchi-Style Spicy Sauerkraut**
5 medium white potatoes
½ butternut squash
2 medium carrots
3 medium yellow onions
4 cups chicken stock
3 garlic cloves
½ can (78 mL) **Ontario Natural Organic Tomato Paste**
2-3 Tbsp balsamic vinegar
3 tsp ground sage
1 tsp cracked pepper
2 Tbsp garlic powder
⅓ cup spelt flour
Sunflower oil

PREPARATION

Peel and cut up potatoes, butternut squash, carrots, onions, and garlic. Set aside.

In a large pot, brown the **Ontario Natural Stewing Beef** in sunflower oil for 3-4 minutes. Add seasonings (sage, pepper, garlic powder) and continue to cook for a few more minutes.

Add **Ontario Natural Kimchi-Style Spicy Sauerkraut** and its liquid, vegetables, chicken stock, **Ontario Natural Organic Tomato Paste** and balsamic vinegar.

Bring contents to a boil and reduce heat to medium / low to simmer. Cover and let cook for up to one hour, or until vegetables are tender (depends on size of vegetables). Add ⅓ cup of spelt flour to thicken; if required.



Recipe and food styling by
Stacey Fokas, Freshalicious.



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