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Salt for Life Beef Stew



If you want the same great flavor with less sodium, make your next beef stew recipe with Salt for Life. It delivers 75 percent less sodium than traditional table salt with the same great taste.

Season the beef with 2 tablespoons of Salt for Life.

Heat oil in a large pot over a medium high heat. Sear the meat until nicely browned on all sides. This should take approximately 5-8 minutes and then remove meat.

Add all the vegetables and cook until nicely browned. Add the tomato paste and cook for another 3-4 mins.

Deglaze with the red wine reduce by two thirds.

Add the beef broth, rosemary, thyme, bay leaf, and a pinch of freshly ground black pepper. Be sure to scrape off any bits that might have stuck to the bottom of the pan.

Add the beef back to the pan, along with any juices; season with Salt for Life.

Cover the pan and place in the oven for 2 hours until the meat is nice and tender.

Once the meat is cooked, remove the meat from the liquid and strain. Let the liquid cool down a little (30 minutes) and then return the meat to the liquid and chill.

Notes

The flavor will improve if made at least one day ahead. At this point, you can chill the meat for up to 5 days.

Beef Stew Garnishes:

1 bunch kale, cleaned/stems removed and leaves cut into one fourth inch pieces

1 pound fingerling potatoes, cooked until tender in boiling water seasoned with Salt for Life

¼ cup flat leaf parsley leaves roughly chopped

Lemon slices

2.5 Pounds beef chuck, boneless, cut into two inch cubes

2 Tablespoons salt, such as Salt for Life

3 Tablespoons olive oil

1 large carrot, peeled and cut into one fourth inch pieces

2 pieces of celery, cut into one fourth inch pieces

1 large Spanish onion, cut into one fourth inch pieces

8 garlic cloves, peeled and smashed

3 Tablespoons tomato paste

2 Cups dry red wine

4 Cups beef broth

1 bay leaf

1 rosemary sprig

2 thyme sprigs

Black pepper, to taste

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