



River Whey Beef Stew with Whey Blue® Crumbles and Bacon Bits

TIMING:

20 min Prep

MAKES:

8 servings

INGREDIENTS

- **2 tablespoons** olive oil
- **2 pounds** top sirloin steak, *diced*
- **1 ea.** medium sized onion, *diced*
- **2 ea.** large carrots, *peeled and diced*
- **2 ea.** celery ribs, *diced*
- **3 cloves** garlic, *minced*
- **8 ounces** cremini mushrooms, *halved*
- **3 tablespoons** all-purpose flour
- **2 tablespoons** tomato paste
- **½ cup** dry red wine
- **2 ½ cups** beef stock
- **4 sprigs** fresh thyme
- **2 ea.** bay leaves
- **1 ea.** large russet potato, *peeled and cut in 1/2-inch chunks*
- **2 tablespoons** fresh parsley leaves, *chopped*
- **½ cup** bacons bits
- **½ cup** RWC Whey Blue®, *crumbled*
- **Kosher salt and freshly ground black pepper, to taste**



DIRECTIONS

1. Heat olive oil in a large stockpot over medium heat. Season steak with salt and pepper. Working in batches, add steak to the stockpot and cook, stirring occasionally, until evenly browned, about 6-8 minutes; set aside.
2. Add onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes.
3. Add garlic and mushrooms, and cook, stirring occasionally, until tender and browned, about 3-4 minutes.
4. Whisk in flour and tomato paste until lightly browned, about 1 minute.
5. Stir in wine, scraping any browned bits from the bottom of the stockpot.
6. Stir in beef stock, thyme, bay leaves and steak. Bring to a boil; reduce heat and simmer until beef is very tender, about 30 minutes.
7. Stir in potato; simmer until potatoes are just tender and stew has thickened, about 20 minutes. Remove and discard thyme sprigs and bay leaves. Season with salt and pepper, to taste.
8. Combine with RWC Whey Blue® crumbles and bacon bits. Garnish with parsley. Serve immediately.