



# Nutrition North Canada

## - NUTRITION EDUCATION -

*Eating well* is important for good health.

As a part of Nutrition North Canada, the Public Health Agency of Canada supports **nutrition education** in your community.

*Communities* that receive the Nutrition North Canada food subsidy also receive funding for activities that support **healthy food choices**.



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# Each Community



... can design their own nutrition activities to meet their needs and priorities.

Activities might include:

- Nutrition workshops
- Healthy cooking classes for all ages
- In-store displays and healthy food sampling
- Sharing traditional knowledge and skills about harvesting and preparing local, country foods
- Community gardens

For more information about  
**Nutrition North Canada**  
nutrition education activities  
in your community:

- Label for community specific coordinator



# Beef Stew

- NUTRITION NORTH CANADA -  
- NUTRITION EDUCATION -

**About The Recipe:** A lot of stew recipes call for cooking the meat and vegetables at the same time, leaving the latter overcooked and mushy. Here, you first braise the meat with onions and beef broth until a rich sauce develops.

**About The Chef:** An enthusiastic educator and entertainer, Chef David Wolfman is an internationally recognized expert in wild game and traditional Aboriginal cuisine.



Serves: 4



Prep time: 15 mins



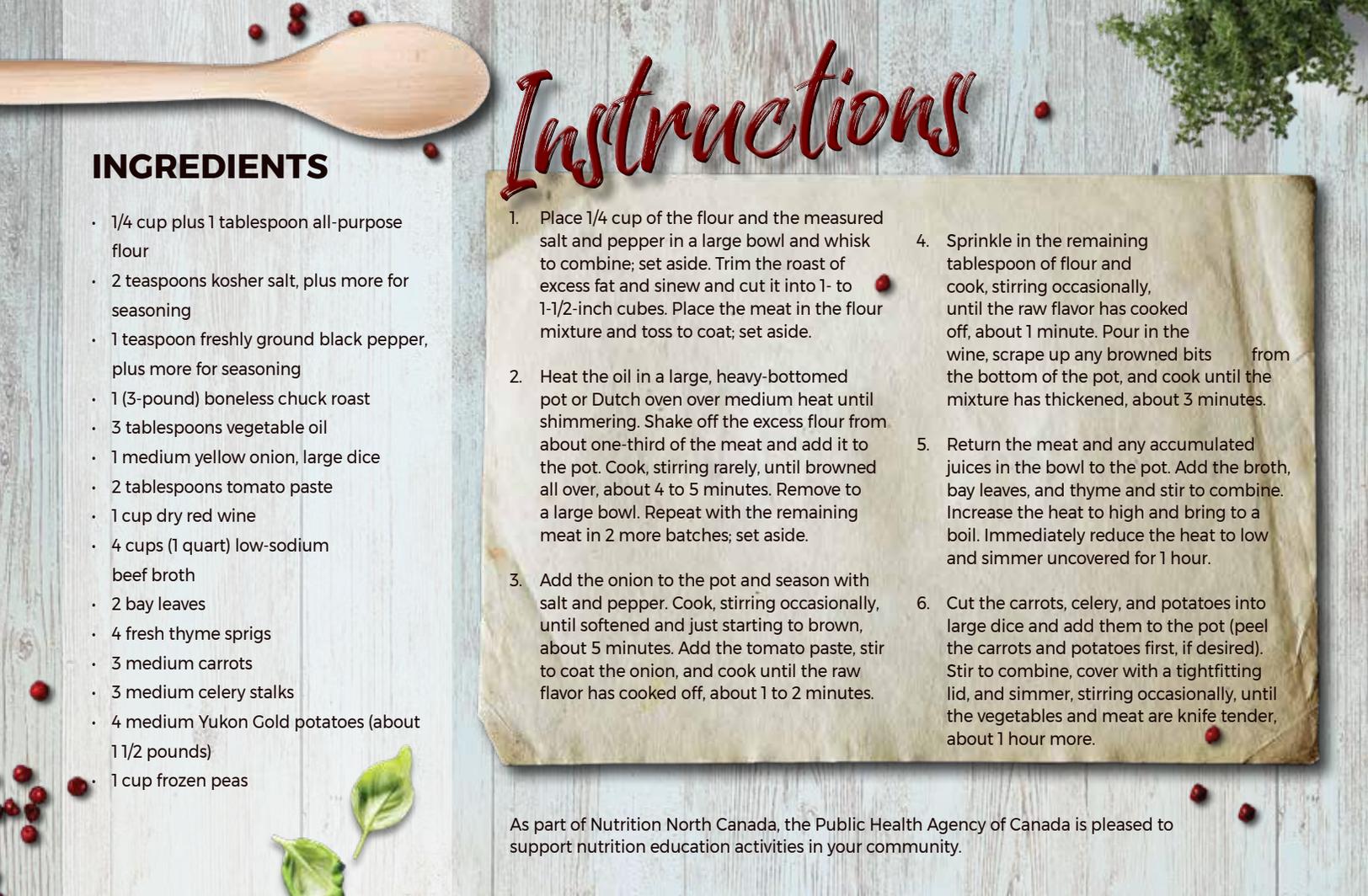
Cook time: 45 mins



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## INGREDIENTS

- 1/4 cup plus 1 tablespoon all-purpose flour
- 2 teaspoons kosher salt, plus more for seasoning
- 1 teaspoon freshly ground black pepper, plus more for seasoning
- 1 (3-pound) boneless chuck roast
- 3 tablespoons vegetable oil
- 1 medium yellow onion, large dice
- 2 tablespoons tomato paste
- 1 cup dry red wine
- 4 cups (1 quart) low-sodium beef broth
- 2 bay leaves
- 4 fresh thyme sprigs
- 3 medium carrots
- 3 medium celery stalks
- 4 medium Yukon Gold potatoes (about 1 1/2 pounds)
- 1 cup frozen peas

# Instructions

1. Place 1/4 cup of the flour and the measured salt and pepper in a large bowl and whisk to combine; set aside. Trim the roast of excess fat and sinew and cut it into 1- to 1-1/2-inch cubes. Place the meat in the flour mixture and toss to coat; set aside.
2. Heat the oil in a large, heavy-bottomed pot or Dutch oven over medium heat until shimmering. Shake off the excess flour from about one-third of the meat and add it to the pot. Cook, stirring rarely, until browned all over, about 4 to 5 minutes. Remove to a large bowl. Repeat with the remaining meat in 2 more batches; set aside.
3. Add the onion to the pot and season with salt and pepper. Cook, stirring occasionally, until softened and just starting to brown, about 5 minutes. Add the tomato paste, stir to coat the onion, and cook until the raw flavor has cooked off, about 1 to 2 minutes.
4. Sprinkle in the remaining tablespoon of flour and cook, stirring occasionally, until the raw flavor has cooked off, about 1 minute. Pour in the wine, scrape up any browned bits from the bottom of the pot, and cook until the mixture has thickened, about 3 minutes.
5. Return the meat and any accumulated juices in the bowl to the pot. Add the broth, bay leaves, and thyme and stir to combine. Increase the heat to high and bring to a boil. Immediately reduce the heat to low and simmer uncovered for 1 hour.
6. Cut the carrots, celery, and potatoes into large dice and add them to the pot (peel the carrots and potatoes first, if desired). Stir to combine, cover with a tight-fitting lid, and simmer, stirring occasionally, until the vegetables and meat are knife tender, about 1 hour more.

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