

Fall Root Vegetable Stew

I need a better name for this wonderfully rich entrée! What makes this dish so delectable is the rich broth and fat leftover from the beef brisket we ate for dinner last week. The brisket was grass-fed beef from a local ranch, and all Lane did to prep it was to put it in the crockpot, rub a bunch of Montreal pepper seasoning on the outside, pour about 2 inches of water into the pot, and turn it on to cook on low for 24 hours. The meat was amazing, and the leftover broth and fat make this stew so easy to prepare. (You can always freeze the broth and fat to save for another day.)

2-3 cups rich beef broth with Montreal pepper seasoning (you could use a reconstituted beef broth base, such as “Better Than Bouillon” beef base from Costco, if needed)
maybe 3-4 tablespoons beef fat
rainbow carrots, peeled and cut into chunks
red potatoes, cut into bite-size chunks, skin on
yellow onions, peeled and cut into chunks
sweet potatoes, peeled and cut into chunks

(You can also use other vegetables as well, such as parsnip and celery.)

In a crockpot that has been turned on to high (and warmed up), melt beef fat. Add in onions and stir to coat. Allow to cook a little until semi-translucent, if you have time. If not, add the broth and the cut up vegetables. Toss in the broth so that all the vegetables are covered. Put the lid on the crockpot and turn to the heat setting you need—all depending on how much time you have to cook it.
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Yield: 8-12 servings, depending on serving size and how many vegetables you use

Serving Suggestion: green salad, fresh-out-of-the-oven cranberry muffins

