

# Beef Stew

This recipe yield 3 trays on the medium and 2 trays on the large\*

[Live. Life. Simple's: Freeze Dried Beef Stew - - with Recipe!\(Homemade\)](#)

## Ingredients:

1-2 lbs. Beef cubed  
1-2 tbsp broth  
2-3 medium sized onions diced  
8 cloves minced garlic (4 tsp)  
6 carrots diced  
6 stalks of celery diced  
6 tbsp flour  
2 Stout beers 16 oz.  
4 Potatoes cubed Au Gratin size  
6 cups broth (your choice)  
4 tbsp soy sauce or liquid aminos  
8 tbsp tomato paste 6 oz. can  
1 tbsp thyme  
1 tbsp Rosemary  
Salt and pepper to taste  
2-4 tbsp brown sugar



## Directions:

1. In a large pot, add cubed beef roast, steak or similar and cook in 1-2 tbsp of broth for 3 minutes or until medium rare
2. Add onion and garlic for 3 minutes
3. Add in small diced carrots and celery and cook until barely tender around 3 minutes
4. Add in flour stirring continuously for 2 minutes
5. Add in 2 stout beers and cubed potatoes and stir
6. Add broth and soy sauce and stir again
7. Add tomato paste, thyme, rosemary, salt, pepper and brown sugar
8. Stir well and bring to a boil, then simmer for 20 minutes or until you reach desired thickness
9. After cooling, spoon onto pre-cut parchment lined trays and use the 10 portion setting on the tray dividers and pre-freeze for at least 24 hours
10. Freeze dry and Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** 35 hours

**Rehydration:** 1/10th of 1 medium tray requires ½ cup of boiling water mixed and let sit for 3 minutes. Stir and serve



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray