

Try this spin on a classic Southern coffee based gravy in a savory stew made with tender pieces of beef, potatoes, mushrooms and carrots.

[illegible]

34g  
Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

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1 teaspoon dried thyme leaves



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2 tablespoons olive oil, divided

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[illegible]

1/2 teaspoon salt



1/2 teaspoon salt

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1/2 teaspoon salt

1 medium onion, chopped

[illegible]

[illegible]

2-1/2 cups brewed coffee

[illegible]

[illegible]



[illegible]

[illegible]

1/3 cup tomato paste

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1/3 cup tomato paste

2 tablespoons molasses

2 tablespoons molasses

2 tablespoons molasses

[illegible]

[illegible]

2 tablespoons molasses

1 tablespoon Worcestershire sauce







6 small Yukon Gold or yellow flesh potatoes (about 2-inch

[illegible]

[illegible]

[illegible]

[illegible]

6 small Yukon Gold or yellow flesh potatoes (about 2-inch diameter), quartered

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8 ounces button or cremini mushrooms, cut in half

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8 ounces button or cremini mushrooms, cut in half

8 ounces butter, or equivalent mushrooms, cut in half

8. Turn over button on examiner's microscope, cut in half

Q. What is the difference between the two? A. The difference is that the first is a 16

Q. Now, you're going to tell me that the defendant was not in the car at 11:16, is that correct?

On the other hand, the *in situ* and *ex situ* methods are not ideal for

### 3. Canceres button of crimmi mushrooms, cat in hall

3 ounces portion of cream mushrooms, cut in half

3 ounces button or cremini mushrooms, cut in half

3 ounces button or cremini mushrooms, cut in half

8 ounces button or cremini mushrooms, cut in half

8 ounces button or cremini mushrooms, cut in half

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1-1/2 cups baby carrots - Three large carrots, peeled, cut lengthwise in half, then diagonally crosswise into 1-1/2-inch pieces, may be substituted for baby carrots.

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## COOKING

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119. Heat 2 teaspoons oil in stockpot over medium heat until hot. Brown half of beef; remove from stockpot. Repeat with 2 teaspoons oil and remaining beef. Remove beef from stockpot. Season with salt.

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Repeat with 2 teaspoons oil and remaining beef. Remove beef from stockpot. Season with salt.

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237. Add remaining 2 teaspoons oil and onion to stockpot; cook and stir to 5 minutes or until onion is tender. Add coffee; increase heat to medium-high. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Stir in tomato paste, molasses, Worcestershire sauce and reserved flour mixture. Return beef and accumulated juices to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours.

238. Add remaining 2 teaspoons oil and onion to stockpot; cook and stir 5 minutes or until onion is tender. Add coffee; increase heat to medium-high. Cook and stir 1 to 2 minutes or until browned bits attached to bottom of stockpot are dissolved. Stir in tomato paste, molasses, Worcestershire sauce and reserved flour mixture. Return beef and accumulated juices to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		11g	70mg		36g	34g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com