

# Meal in Winter: The Perfect Comfort Food for Cold Nights



## **A Meal in Winter: A Novel of World War II** by Hubert Mingarelli

★★★★☆ 4.2 out of 5

Language : English  
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Screen Reader : Supported  
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As the days get shorter and the nights get colder, there's nothing quite like a hearty and flavorful stew to warm you up from the inside out. Meal in Winter is the perfect comfort food for these cold nights. This easy-to-make stew is packed with vegetables, meat, and spices, and can be customized to your liking.

## Ingredients

- 1 pound beef stew meat, cut into 1-inch cubes
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 cloves garlic, minced
- 1 tablespoon tomato paste
- 1 cup red wine (optional)
- 4 cups beef broth
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 bay leaf
- 1 pound potatoes, peeled and cubed

- 1 pound carrots, peeled and chopped
- 1 pound celery, chopped
- 1/2 cup frozen peas
- Salt and pepper to taste

## **Instructions**

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large Dutch oven or pot, brown the beef in the olive oil over medium heat. Remove the beef from the pot and set aside.
3. Add the onion, carrots, celery, and garlic to the pot and cook until softened, about 5 minutes.
4. Stir in the tomato paste and cook for 1 minute.
5. Add the red wine, if using, and cook until reduced by half, about 5 minutes.
6. Add the beef broth, oregano, thyme, and bay leaf to the pot. Bring to a boil, then reduce heat and simmer for 30 minutes.
7. Add the potatoes, carrots, celery, and peas to the pot. Season with salt and pepper to taste. Bring to a boil, then reduce heat and simmer until the vegetables are tender, about 20 minutes.
8. Serve immediately.

## **Tips**

- You can use any type of meat you like in this stew. Beef, pork, lamb, or venison are all good options.

- If you don't have red wine, you can use white wine or even water.
- You can add any other vegetables you like to this stew. Some good options include green beans, corn, or zucchini.
- This stew is also great for leftovers. Simply reheat it on the stovetop or in the microwave.

Meal in Winter is the perfect comfort food for cold nights. This hearty and flavorful stew is packed with vegetables, meat, and spices, and can be customized to your liking. It's easy to make and can be served with a variety of sides, such as crusty bread, mashed potatoes, or rice. So next time you're looking for a warm and comforting meal, give Meal in Winter a try. You won't be disappointed.



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