

# BUTTERNUT SQUASH & BEEF STEW

*IF:Gathering, December 2021*

Original Recipe from [Giada de Laurentiis](#)

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\*GLUTEN-FREE OPTION

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## Ingredients

- 3      tbsp olive oil
- 1      yellow onion, chopped
- 2      cloves garlic, minced
- 1      tbsp fresh rosemary,  
          minced
- 1      tbsp fresh thyme,  
          minced
- 2      lbs stew beef, cut into  
          2-inch cubes
- 1/2     tsp salt
- 1/2     tsp pepper
- 2      tbsp flour (use gluten-  
          free, if needed)
- 1      cup Marsala wine
- 1      lb butternut squash,  
          cubed
- 1/4     cup chopped sun-dried  
          tomatoes
- 4      cups low-sodium beef  
          broth
- 2      tbsp chopped Italian  
          parsley

## INSTRUCTIONS

1. In a large soup pot, heat olive oil over medium heat. Add the onions, garlic, rosemary, and thyme to the pot, and saute until the onions are tender, about 2 minutes.
2. Toss the beef cubes in salt and pepper and flour. Turn up the heat to medium-high and add the beef to the pot. Cook until the beef is browned and golden around the edges, about 5 minutes.
3. Add the Marsala wine to the pot. Using a wooden spoon, gently stir up all the brown bits off the bottom of the pan.
4. Add the butternut squash and sun-dried tomatoes, and stir to combine.
5. Add enough beef broth to just cover the beef and squash. Bring the stew to a boil over high heat, then reduce the heat to low and simmer, covered, for 1 hour.
6. Season the stew with additional salt and pepper, to taste.
7. Once the meat and squash are tender, sprinkle the stew with chopped parsley and serve with fresh bread.