

Beef Stew with Cheesy Mashed Cauliflower

Ingredients

For the Beef:

- 2.5 lb beef chuck roast, cubed
- 1 tsp salt
- 1/8 tsp black pepper
- 2 tsp onion powder
- 1 tbsp paprika
- 2 tsp garlic powder

For the Sauce:

- 1 tbsp avocado oil (for searing and sautéing)
- 7 large garlic cloves, minced
- 2 tsp fresh rosemary leaves, chopped
- 2 tbsp tomato paste
- 1/2 onion, chopped
- 4 stalks celery, diced
- 3 medium carrots, chopped
- 1/2 tsp salt
- Black pepper (to taste)
- 2 tsp low-sodium soy sauce
- 1 tbsp fresh thyme leaves
- 20 oz reduced-fat beef broth

For Garnish:

- Fresh parsley, chopped

Instructions

1. Cut beef chuck roast into cubes. Season with salt, pepper, onion powder, paprika, and garlic powder.
2. Heat avocado oil in a large oven-safe skillet or Dutch oven over medium-high heat. Sear seasoned beef cubes until browned on all sides (does not need to be cooked through). Remove beef and set aside.
3. In the same skillet, sauté minced garlic and chopped rosemary until fragrant and slightly golden. Add tomato paste and cook, stirring, until it darkens slightly.
4. Add chopped onion, diced celery, and chopped carrots. Mix well. Season with 1/2 tsp salt, black pepper, soy sauce (to taste), and half of the fresh thyme leaves. Cook until onions soften.
5. Pour in beef broth, scraping the bottom of the skillet to deglaze and lift browned bits. This forms the sauce base.
6. Return seared beef to the skillet. Add remaining thyme leaves. Cover and transfer to a preheated 300°F (150°C) oven. Roast for 3 hours or until beef is perfectly tender.
7. Garnish with fresh parsley before serving.

Creamy Cheesy Cauliflower Mash

Ingredients

- 1 head cauliflower, cut into florets
- 2 tbsp water (for steaming)
- 1/4 cup heavy cream
- 1/3 cup Parmesan cheese, grated
- 1/4 tsp salt

- Pinch black pepper
- $\frac{1}{3}$ cup mozzarella cheese, shredded

Instructions

1. Place cauliflower florets in a deep pot. Add 2 tbsp water, cover, and steam on the stovetop for about 15 minutes or until tender.
2. Add heavy cream, Parmesan cheese, salt, and black pepper. Blend with an immersion blender (or in a regular blender) until smooth and creamy.
3. Stir in shredded mozzarella cheese until melted and mash is super creamy.