

## Braised Beef and Matzo Meal Polenta



### Braised Beef

#### Ingredients

- 1 1/2-2 lb beef stew meat
- 2 tbsp extra virgin olive oil
- 1 medium yellow onion, diced
- 1 carrot, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 cup red wine
- 1 cup low-sodium beef broth
- 1 cup roasted red peppers, pureed
- 2 fresh thyme sprigs
- 2 bay leaves
- 1/2 bunch fresh parsley, chopped
- Kosher salt and cracked pepper

#### Preparation

1. Preheat oven to 350° F.
2. Pat meat dry and lightly salt and pepper.
3. In a large Dutch oven or stock pot, heat oil until shimmering. In small batches, brown all sides of the meat, about 2 minutes per side. Set meat aside.
4. Reduce heat to medium-low and add onions, carrots, celery, and bay leaves. 5. Sauté until veggies are just tender, about 5 minutes. Add garlic and cook for 2 more minutes.
6. Deglaze the pan with the red wine, making sure to scrape any brown bits on the bottom of the pan. Reduce wine by half, then add roasted red pepper puree, beef broth, and thyme sprigs.
7. Add the browned beef back in the pot. The meat should sit just above the liquid line; for a good braise, you don't want it fully immersed in the liquid.
8. Cover and place in preheated oven. Cook for 2 1/2 to 3 hours. Meat should gently fall apart with a fork when done.

## **Matzo Meal Polenta**

### **Ingredients**

4 cups water  
1/2 cup polenta  
1/2 cup matzo meal  
Kosher salt and cracked pepper

### **Preparation**

1. Bring water to a boil in a large saucepan.
2. Pour polenta and matzo meal slowly into boiling water, whisking constantly until there are no lumps.
3. Reduce heat to low and simmer, whisking often, until polenta starts to thicken, about 5 minutes. Polenta mixture should still be slightly loose. Cover and cook for 15 minutes, whisking every few minutes. When polenta is too thick to whisk, stir with a wooden spoon. Polenta is done when texture is creamy and the individual grains are tender.
4. Season with salt and pepper to taste.

### **Nutritional Analysis per Serving**

Yield: 4-6 servings (Adapted from Project Angel Heart's recipe serving 1600 people) | Calories: 430 | Protein: 30 g | Carbohydrates: 45 g | Fat: 14 g | Sodium: 262 mg | Potassium: 830 mg | Phosphorus: 325 mg |

Recipe courtesy of [Project Angel Heart](#)