

Julie's Beef Tzimmes



Servings: 8

Prep Time: 40 Minutes

Cook Time: 3 Hours 15 Minutes

Total Time: 3 Hours 45 Minutes

INGREDIENTS

- 3 pounds boneless beef chuck (well-marbled), cut into 1-1/2-inch pieces
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- 2 medium yellow onions, cut into 1-inch chunks
- 5 large cloves garlic, peeled and smashed
- 2 tablespoons balsamic vinegar
- 1 cinnamon stick
- 1 tablespoon tomato paste
- 1/4 cup all-purpose flour
- juice from 2 oranges
- 4 cups beef broth or vegetable broth
- 1 bay leaf
- 2 sprigs fresh rosemary
- 4 teaspoons fresh thyme leaves, divided
- 1 tablespoon brown sugar, honey or maple syrup
- 4 large carrots, peeled and cut into one-inch chunks
- 1/2 cup dried apricots
- 2 sweet potatoes (approx. 1 lb) cut into one-inch chunks
- 1/2 cup prunes
- 1/4 cup dried cherries

INSTRUCTIONS

1. Make sure beef is dry and season with salt and pepper. In a large Dutch oven or heavy soup pot, heat 1-1/2 tablespoons of the olive oil over medium-high heat until hot. Place half of the beef in the pan and brown, turning with tongs, for approximately 5 minutes; add the remaining oil and continue to brown the rest



of the beef. Take care not to turn frequently so that it may develop a nice brown color. Place the meat in a bowl or plate and set aside.

2. Next, add onions, garlic, and balsamic vinegar to the pot; cook, stirring and scraping the brown bits from the bottom of the pan, for another 5 minutes. Add the cinnamon stick and tomato paste and continue cooking for another minute or so. Add the beef with its juices back to the pan and sprinkle with flour. Stir until the flour is dissolved, another minute or two. Then add orange juice, beef broth, bay leaf, rosemary, 2 teaspoons of the thyme, and the sugar or other sweetener. Bring the mixture to a boil. Cover the pot with a lid, reduce the heat to a simmer and leave for 2 hours.
3. Add the carrots and apricots. Cover and continue cooking for 30 minutes. Add the sweet potatoes, prunes and dried cherries and continue cooking for an additional 30 minutes. Find the bay leaf and rosemary sprigs (sometimes I tie them together to make this step easy) and discard. Garnish with the reserved thyme leaves and serve.

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Nutrition Facts

Servings: 8

Amount per serving

Calories	582
% Daily Value*	
Total Fat 16.8g	22%
Saturated Fat 5g	25%
Cholesterol 152mg	51%
Sodium 1125mg	49%
Total Carbohydrate 49.8g	18%
Dietary Fiber 6.2g	22%
Total Sugars 21.4g	
Protein 56.5g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 33mg	186%
Potassium 1611mg	34%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe Analyzed by www.Verywellfit.com