

Chef Ye's Farmer's Squash Stew

(courtesy of Executive Chef Yè M. Tun of DoubleTree
by Hilton's KARMA Asian Food & Fine Wine and Karma Pub in Mundelein)

- 3 Tbsp olive oil
- 1 onion, peeled and chopped
- 2 cloves garlic, chopped
- 4 cups cube carrot (0.5 inches)
- 1 Tbsp chopped fresh thyme
- 2 pounds stew beef, cut into
- 1-inch cubes
- 1/2 tsp salt, plus more to taste
- 1/2 tsp freshly ground black pepper
- 2 Tbsp all-purpose flour
- 1 cup Marsala wine
- 1 pound butternut squash, trimmed and cut into 1-inch cubes
- 4 cups slice okra
- 3 to 4 cups beef broth
- 2 cups tomato sauce (or marinara sauce)

In a large soup pot heat 3 tablespoons of olive oil over medium heat. Add the onions, garlic and thyme. Sauté until the onions are tender, about 2 minutes.

Toss the beef cubes in salt, pepper and flour. Turn up the heat to med-high and add the beef to the pot. Cook until the beef is browned and golden around the edges, about 5 minutes.

Add the tomato sauce. Using a wooden spoon, gently stir up all the brown bits off the bottom of the pan. Add the butternut squash and carrots. Stir to combine. Add enough beef broth to just cover the beef and squash. Bring the stew to a boil over high heat, reduce heat to low and simmer, covered, for 1 hour.

Add the okra 15 minutes before you serve. Season the stew with additional salt and pepper to taste.