

# Fall Roast Stew

- Prep Time: 5 minutes
- Cook Time: 3 hours, 15 minutes
- Total Time: 3 hours, 20 minutes
- Servings: 6



## Ingredients:

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- 1 tablespoon Carlini Pure Olive Oil
  - 2 garlic cloves, smashed
  - 1 onion, sliced
  - 5 slices Appleton Farms Premium Sliced Bacon, diced
  - 1 tablespoon Stonemill Ground Cinnamon
  - 1 tablespoon Stonemill Ground Black Pepper
  - 1 teaspoon Stonemill Ground Nutmeg\*
  - 1 teaspoon Stonemill Onion Powder
  - 3-4 pound Black Angus Bottom Round Roast, room temperature, cut into 2-inch pieces\*
  - 1 cup Chef's Cupboard Beef Broth
  - 1 cup Simply Nature Organic 100% Apple Juice
  - 4 tablespoons Simply Nature Organic Apple Cider Vinegar
  - 1 cup Baker's Corner 100% Pure Canned Pumpkin\*
  - 1 cup Sweet Harvest Jellied Cranberry Sauce\*
  - 1 granny smith apple, sliced
  - 1 cup carrots, sliced
  - Stonemill Iodized Salt, to taste
  - chopped fresh parsley for garnish
- \*These are Seasonal items that are only in stores for a limited time and may no longer be available.**

## Directions:

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1. Preheat oven to 325°.
2. In a large pot, heat oil over medium heat.
3. Add garlic, onion and bacon, and cook until onion is soft, about 5 minutes.
4. Meanwhile, combine cinnamon, pepper, nutmeg and onion powder in a medium bowl. Add roast pieces and toss to coat.
5. Remove onion and bacon and reserve, leaving drippings in pan. Sear roast pieces on all sides.
6. Meanwhile, in a large bowl, whisk together, broth, apple juice, apple cider vinegar, pumpkin and cranberry sauce.
7. Return onion and bacon to pan. Add apple slices, carrots and liquid mixture. Stir to combine.
8. Cover and bake for 2 ½ - 3 hours, or until tender.
9. Remove meat and large pieces from pot. Reserve. Return pot to stove over medium heat and reduce sauce to desired consistency. Stir in meat. Season to taste with salt.
10. Garnish with parsley if desired.

**Serving suggestion: Serve over mashed potatoes!**



Recipe Courtesy of:  
ALDI Test Kitchen