



BEEF CACCIATORE

INGREDIENTS

- 2 Tbsp olive oil
- 1 (1 1/2 lb) boneless beef chuck roast
- 3 Tbsp chopped garlic
- salt and ground black pepper to taste
- 2 onions, cut into wedges and sliced
- 1 (28 oz) can crushed tomatoes
- 1 (15 oz) can diced tomatoes
- 1 1/2 c water
- 1 green bell pepper, coarsely chopped
- 1 cup quartered fresh mushrooms
- 1 cup dry red wine (such as Cabernet or Merlot)
- 1 Tbsp white sugar
- 1 tsp fennel seed
- 1 tsp Italian seasoning
- 1 tsp dried thyme

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat. Add roast and garlic; season roast with salt and pepper. Cook roast until browned on all sides, about 5 minutes.
2. Transfer roast and garlic to a slow cooker; add onions, crushed tomatoes, diced tomatoes, water, green bell pepper, mushrooms, red wine, sugar, fennel seed, Italian seasoning, and thyme.
3. Cook on Low for 6 hours.
4. When finished, shred beef with fork or cut into chunks, whichever is your preference.
5. Serve with garlic mashed potatoes, pasta or as a warm sandwich on a hoagie bun topped with mozzarella!



BEEF CACCIATORE

SHOPPING LIST

Olive oil

Garlic

Salt

Ground black pepper

Onions

1 (28 oz) can crushed

tomatoes

1 (15 oz) can diced tomatoes

Green bell pepper

Fresh mushrooms

Dry red wine (such as

Cabernet or Merlot)

White sugar

Fennel seed

Italian seasoning

Dried thyme

SIDE OPTIONS

Mashed potatoes

Green peas with butter

Side Salad