

Moroccan Braised Beef

Servings : 6

| Amount | Measure | Ingredient - Preparation Method |
|--------|-------------|-----------------------------------|
| 3 | tablespoons | olive oil |
| 2 1/2 | pounds | boneless chuck roast - 3/4" cubes |
| 2 | cups | onion - chopped |
| 3 | cloves | garlic - chopped |
| 1 | tablespoon | garam masala |
| 1 | tablespoon | paprika |
| 1 | teaspoon | ground cumin |
| 1/2 | teaspoon | turmeric |
| 1/2 | teaspoon | cayenne pepper |
| 1 | cup | dry red wine |
| 2 | cups | beef broth |
| 14 1/2 | ounces | diced tomatoes in juice |
| 1/2 | cup | dry sherry |

Heat 2 tablespoons oil in a large pot over med-high heat. Sprinkle meat with salt and pepper. Add meat to pot; saute until no longer pink, about 5 minutes. Transfer meat to bowl.

Heat 1 tablespoon oil in same pot. Add onions, saute until brown, about 8 minutes. Add garlic and next 5 ingredients; stir 1 minute. Add wine and sherry; boil until reduced to glaze, stirring occassionally, about 8 minutes.

Add broth and tomatoes, stir to blend. Add beef and accumulated juices; bring to simmer. Reduce heat to med-low. Simmer uncovered until sauce is thick and beef is tender, about 1.25 hours. Stir occassionally. Season with salt and pepper.