

A Divine, One Pot Sweet Stew for the Holidays that You Can't Refuse.

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By Dr Eve Campanelli (Ph.D)

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This recipe has almost every vitamin and mineral known to man in it. The dried fruit is especially rich in vitamin A, beta carotene and all manner of trace minerals, including an iron that will ease, rather strain your bathroom habits. The more vegetables you add to it, the better for your waistline. Don't add tomatoes however, as it will cause heartburn or the now famous "reflux." Serves 6 -8

2 lbs cubed beef or lamb. I prefer the lamb as it lends itself more delicately to the sweet dried fruit. Try to use the organic grass fed meats as they are more flavorful and your arteries will appreciate it.

See Grassland Beef on this website under Affiliates, for Convenience and better prices.

2 tablespoons butter or oil

3 large carrots peeled and sliced

2 medium onions, sliced

3 sticks of celery

2 cloves of chopped or crushed garlic

1 teaspoon dried dill - this and the mint added later are helpful in alleviating the possibility of a little after-dinner-gas, as the combination of fruit, veggies and meat at one time is less than ideal "food combining. You might want to order the "Digest Formula" from our office to offer kindness to your protesting abdominal regions throughout the various holiday dining experiences.

½ teaspoon grated nutmeg

sea salt or vegesalt

freshly ground black pepper

1 1/2 cups vegetable broth dissolved in the water from cubes or powder

½ cup dried apricots

½ cup pitted prunes

½ cup dried peaches (optional)

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1 tsp fresh mint leaves, or dried, if not available
½ cup chopped walnuts
¼ cup orange juice (optional)

Heat a large, heavy skillet, add butter or oil and brown beef or lamb cubes and onions together. You may need two skillets for this part, depending on how many people you are cooking for.. Then add carrots, onions and celery. Add garlic, dill nutmeg, salt, pepper and vegetable broth. Stir and bring to a boil. Then cover and simmer on a low flame for 1 and ½ hours, stirring occasionally.

Add dried fruits and mint. Cover and simmer another 30minutes or until meat is tender. Transfer to a warm, pretty serving dish and sprinkle with walnuts and orange juice.

When I make this sweet stew, I start baking my "Apple Crisp" deserts around the same time. (See

recipe in "Feeling very much Better." I promise all who enter will swoon from the fragrances wafting through your home. Restraint will need to be called for.

Adding 1 cup of brussel sprouts and green beans or any other veggie you like, makes it just as delicious and is a plus for those who want to enjoy something special as well as keep their weight down.

Note: for vegetarians, use cubed extra firm tofu or tempeh and add at the time you add the dried fruit, ½ way through cooking this recipe, instead of at the beginning.

Serve with polenta or the "New Potatoes" recipe in my book, "Feeling very much Better"

Dr. Eve Campanelli's herbal remedies & herbal supplements for rejuvenation and healing can now be ordered online, from her website at

.The site features a comprehensive list of

health challenges and topics as well as therapy packs specially put together for each health challenge.

Come Home To Comfort Food

By News Canada

(NC)—As the weather begins to get cooler, familiar and inviting comfort foods can lift our spirits and bring warmth to our beings. Soothing, soul-satisfying comfort foods can bring back special memories and meaningful connections. Steaming chowders, mashed potatoes, hot soup, hearty stews, warm chocolate chip cookies and fresh baked pies are all foods many Canadians associate with comfort. Simple foods that evoke fond memories, and bring joy and comfort to everyday meals.

Beef Stew with Red Wine and Hoisin

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(Serves 4)

1 1/2 lbs (750 g) stewing beef, cut into cubes

3 tbsp (45 mL) vegetable oil

1 medium onion, chopped

4 cloves garlic, minced

1 cup (250 mL) red wine

2 1/2 cups (625 mL) Knorr Beef Broth

3 tbsp (45 mL) Hoisin sauce*

2 each: carrots, parsnips, peeled and cut into chunks 1 medium sweet potato, peeled and cut into chunks

Pat beef dry with paper towel and season with salt and pepper. In a Dutch oven or pot, heat oil over medium–high heat. Brown beef on all sides working in batches, adding more oil as needed. Transfer beef to a bowl.

In the fat remaining in the pot, sauté the onions and garlic until tender. Add red wine, and bring to the boil while scraping any bits stuck to the bottom. Stir in Knorr Beef Broth and Hoisin sauce; bring to the boil. Return beef to pot, bring to a simmer and cook covered for 1 1/2 hours or until beef is tender. Stir in carrots, parsnips and sweet potatoes; cook uncovered for 15–20 minutes or until vegetables tender. Serve over steamed rice.

*Hoisin Sauce: A thick, reddish–brown sauce that is sweet and spicy, and widely used in Chinese cooking. It can be found in Asian markets and many large supermarkets.

– News Canada

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stations, as well as the Web sites Canadians visit most often. Visit

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