



**Preparation: 10 mins**

**Cooking: 15 mins**

**Ready in: 25 mins**

**Serves: 4 - 6**

## Gnocchi and Beef Stew

### Ingredients

- 1 1/4 lbs (625 g) beef strip loin steaks, trimmed and cut into 1-inch (2.5 cm) cubes
- 2 Tbsp (30 mL) all-purpose flour
- 2 tsp (10 mL) dried Italian seasoning
- 1 tsp (5 mL) each salt and black pepper, divided
- 1 Tbsp (15 mL) canola oil
- 2 carrots, chopped
- 2 garlic cloves, minced
- 1 onion, chopped
- 1 celery stalk, chopped
- 2 1/2 cups (625 mL) ready-to-use beef broth
- 2 Tbsp (30 mL) tomato paste
- 2 bay leaves
- 1 lb (500 g) fresh potato gnocchi

### Directions

1. Toss steak with flour, Italian seasoning and half each of the salt and pepper.
2. In a large, shallow saucepan, heat oil over medium-high heat. In batches as necessary, brown beef and transfer to a plate.
3. Reduce heat to medium and sauté carrots, garlic, onion and celery for 5 minutes or until softened. Stir in broth, tomato paste, bay leaves and remaining salt and pepper; bring to a boil.
4. Return steak to the pan, along with any accumulated juices. Stir in gnocchi, reduce heat and simmer gently for about 5 minutes or until sauce is thickened and gnocchi is tender. Discard bay leaves.

### Shopping List

#### Pantry Staples

- all-purpose flour
- dried Italian seasoning
- salt
- black pepper
- canola oil
- beef broth
- tomato paste
- bay leaves

#### Meat

- 1 1/4 lbs (625 g) beef strip loin steaks

#### Produce

- 2 carrots
- 2 garlic cloves
- 1 onion
- 1 celery stalk

#### Refrigerator & Freezer

- fresh potato gnocchi

#### Notes:

**Remember to check your pantry and refrigerator before you go shopping!**

