

**Beef and Potato Tzimmes (aka Beef Stew with Honey, Sweet Potatoes, Vegetables, and Dried Fruit)**  
*(from the National Honey Board)*

***Ingredients:***

2 Tablespoons - Vegetable oil, divided

2 lbs. - stew meat, cut in 1-1/2-inch chunks

2 cups - chopped onion

2 cups - sliced (1-inch thick) carrots

2 teaspoons - garlic salt

Water

2 cups - cubed (1-inch thick) potato

2 cups - cubed (1-inch thick) sweet potato

1/3 cup - honey

1/2 teaspoon - ground cinnamon

1/8 teaspoon - ground pepper

4 oz. - dried apricots

4 oz. - pitted prunes

2 Tablespoons - flour, optional

2 Tablespoons - chopped parsley

***Directions:***

Heat 1 tablespoon of oil in heavy 5-quart pot over medium heat. Add beef and brown on all sides. Remove beef from pan, add remaining oil, if necessary, and sauté onion until tender. Return beef to pan; add carrots, salt and about 4 cups water to cover ingredients. Bring to a boil, reduce heat, cover and simmer 1 hour. Add potatoes, sweet potatoes, honey, cinnamon and pepper; stir and return to a boil. Reduce heat and simmer, partially covered, 30 minutes or until potatoes are barely cooked. Add dried fruit and simmer, uncovered, 30 minutes or until beef is tender. Liquid should be slightly thickened. If necessary, dissolve flour in 3 tablespoons water and stir into stew; return to simmer, stirring frequently. Sprinkle with parsley before serving, if desired.

<http://www.honey.com/recipes/detail/13/beef-and-potato-tzimmes>