

Greek Beef Stew

2 lbs. stewing beef
1 tbsp olive oil
1 1/2 cups water
3 medium onions, finely chopped
2 cloves garlic, minced
1/4 tsp pepper
1 bay leaf
1 tsp sugar
1/2 tsp dry thyme leaves
1 cinnamon stick
1 can (8oz) tomato sauce
1/2 cup dry red wine
1 tbsp red wine vinegar
salt
chopped parsley
1/2 cup crumbled feta cheese

Cut beef into 1-inch cubes. In a wide 3 1/2 to 4-quart pan, combine beef, oil and 1/2 cup water over medium heat. Cover and simmer for 30 minutes. Add onions, garlic and pepper; cook, uncovered, stirring occasionally, until most of the liquid has evaporated and juices and onions are browned (30 to 35 minutes).

Blend in remaining cup water; add bay leaf, sugar, thyme, cinnamon stick, tomato sauce and wine. Cover, reduce heat and simmer until beef is very tender when pierced (about 1 1/2 hours). Stir in vinegar and season to taste with salt. Garnish with parsley and feta cheese. Makes about 8 servings.