Beef, White Bean and Swiss Chard Stew/Chulnt
T'Becha B'Salik

1 TBSP olive oil
1 large bunch Swish chard, leaves removed from stems and torn (discard empty stems)
1-2 lbs. boneless chuck, flanken, or short ribs, fat trimmed, and cut into 1-2 inch cubes
2 cups dried white beans, soaked in cold water for 4 hours, drained
1 large onion, sliced
3 potatoes, peeled and cut into chunks
2 garlic cloves, crushed
½ cup cilantro, chopped
½ jalapeno , chopped*
2 tsp. ground cumin
½ tsp. ground turmeric
1 TBSP sweet paprika
1 tsp. sugar
1 tsp. kosher salt**
4 cups low-sodium chicken broth (I use Imagine NO Chicken Broth) or vegetable broth

**Eliminate kosher salt if NOT using low sodium stock

1. Heat the oil in a large skillet over medium heat.
2. Add the Swiss chard leaves and cook on medium to low, stirring occasionally, until they are softened and dark, about 10 minutes.
3. Preheat oven to 350 degrees.
4. In a 6 quart Dutch oven, combine the beef, onion, potatoes, beans, garlic, cilantro, jalapeno, cumin, turmeric, paprika, salt (if using), sugar, and cooked Swiss card. Toss to mix everything evenly.
5. Pour in the stock.
6. Cover and bake at 350 degrees for 3½ hours.
7. Serve with couscous that has raisins in it.

*This does not make the chulnt spicy, it flavors it.