

Beef Stew



Ingredients

- 2 TBL oil
- 2 small onion, chopped
- 2 celery stalks, chopped
- 3 large carrots, chopped
- 3 cloves of garlic, minced
- 2 bay leaves, 3 springs fresh thyme
- 3 cups beef broth, 2 cups water
- 2.5 lbs cubed beef chuck , S and P
- 3 TBL All-purpose flour
- 1 TBL Worcester sauce
- 3 TBL tomato paste
- 1 pack beef onion dry mix (lipton)
- 2 small potatoes, ½ cup frozen peas

Utensils

- 1 large pot and lid
- Spoon (wooden if available)
- Measuring cups and spoons
- Oven mitts



Recipe Instructions

Step 1: Oil and Beef

In a large pot, on high heat, add oil and let warm (careful not to burn)

Pat Beef and sprinkle S and P

Brown in pot, pull and place on plate. LOWER HEAT TO MEDIUM.

Step 2: Veggies and Flour

Add onions, carrots and celery to bottom of pot and cook about 5 minutes, stirring once in a while.

Add garlic and cook another minute.

Add flour and stir for a minute.

Step 3: Broth and bullion

Add broth and mix/whisk until flour is dissolved.

Add water, Worcestershire, beef/onion pack and tomato paste. Mix well

Step 4: Add Beef/Season

Add bay leaves and thyme

Put Beef back in the pot. The liquid should just cover it.

Bring to a simmer then lower heat.

Cover with lid, cook 1-2 hours

Step 5: Potatoes & Peas

Add potatoes; simmer another 25 minutes (with no lid)

Last 5 minutes, add peas

Step 6: Enjoy!

Let cool a few minutes and Enjoy!!



Scan this QR code with your phone for an instructional video on how to make this recipe.

Kitchen Safety Tips: Always open lid away from yourself or anyone else.

Cool soup , portion and freeze for a quick meal!

S and P – salt and pepper