

BEEF STEW

Ingredients:

2 tablespoons vegetable oil
2 pounds beef stew meat, cut into 1-inch cubes
1/4 cup flour
2 cups chopped onions
1/2 cup chopped celery
2 teaspoons crushed garlic
4 cups beef stock
2 medium Idaho potatoes, peeled and cut into 1-inch cubes
2 carrots, peeled and cut into 1-inch pieces



- In a large skillet, over medium heat, add the vegetable oil.
- Brown the beef with salt, pepper, crushed garlic.
- Add the onions, and continue to cook until the onions are done.
- In large pot add beef stock, browned beef, onions, potatoes, celery and carrots. Bring the liquid to a boil for 30 minutes then reduce to a simmer.
- Stir in flour to thicken. Cover and cook for 1 to 1 1/2 or until the meat is very tender. Stirring occasionally.