

Classic Beef Stew

Mmm, classic beef stew! What could be more inviting?

Serves 4

Prep time: 25 minutes Total Time: 3 hours 45 minutes



Ingredients

- 1 Tablespoon vegetable oil or shortening
- 1 pound boneless beef chuck, tip or round roast, cut into 1-inch cubes
- 3 cups water
- ½ teaspoon salt
- 1/8 teaspoon pepper
- 2 medium carrots, cut into 1-inch pieces
- 1 large unpeeled potato, cut into 1 1/2-inch pieces
- 1 medium green bell pepper, cut into 1-inch pieces
- 1 medium stalk celery, cut into 1-inch pieces
- 1 small onion, chopped (1/4 cup)
- 1 teaspoon salt
- 1 dried bay leaf
- ½ cup cold water
- 2 Tablespoons all-purpose flour

Directions

1. In a 2-inch skillet or 4-quart Dutch oven, heat oil over medium heat 1 to 2 minutes. Add beef; cook about 15 minutes, stirring occasionally, until brown on all sides.
2. Add water, 1/2 teaspoon salt and the pepper. Heat to boiling. Reduce heat to low. Cover; simmer 2 hours to 2 hours 30 minutes or until beef is almost tender.
3. Stir in remaining ingredients except cold water and flour. Cover; cook about 30 minutes or until vegetables are tender. Remove bay leaf.
4. In tightly covered jar or container, shake cold water and flour; gradually stir into beef mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute until thickened.

Fast Directions

In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery. Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours

To save time, use a 1-pound bag of frozen mixed vegetables instead of the carrots, potato, bell pepper, celery and onion. There's no need to thaw the vegetables; just stir them into the beef mixture.

Enjoy!