

# Beef Stew

## Ingredients

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2 T Vegetable Oil	1 lb Beef Stew Meat
1/2 t Salt	1/4 t Ground Black Pepper
1 Onion (chopped)	2 Celery Stalks (chopped)
4 clv Garlic (minced)	1 T Tomato Paste
1 T Worcestershire Sauce	2 T Flour
1/2 c Red Wine fresh)	1/2 t Dried Thyme (or 8 sprigs)
4 c Chicken Broth	1 Rosemary Sprig
2 Carrots (peeled and chopped)	2 Potatoes (peeled and cubed)
1/4 c Parsley (chopped)	1/2 c Peas (frozen)

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1.Heat 1 tablespoon oil in a Dutch oven over medium-high heat. Season meat with the 1/2 teaspoon salt and 1/4 teaspoon pepper and brown on all sides. This will take roughly 10 minutes. Remove the beef from the pot and place on a plate.

2.Add 1 tablespoon oil to the pot and stir in the chopped onions and celery. Cook, stirring occasionally until the onions are translucent, about 10 minutes. Add the minced garlic and cook until fragrant, about 30 seconds. Stir in the tomato paste and Worcestershire sauce.

3.Sprinkle the flour over the vegetables. Stir until there is no visible flour and the vegetables look slightly mushy from the flour coating, 3 minutes. Pour in the red wine, rosemary and thyme. Stir until the wine has reduced and thickens slightly.

4.Add the broth and return the meat to the pot. Cover the pot, reduce heat to low and simmer for 25 minutes. Stir occasionally. Make sure the stew stays at a very low simmer.

5.Add the potatoes and carrots to the stew. Cover the pot again and continue cooking for another 25 minutes. Discard sprigs of thyme and rosemary. Stir the peas into the stew. Taste and add extra salt and pepper if necessary. Stir in parsley and serve

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immediately.