

Beef Stew

¼ c.....Olive Oil
1 lb.....Beef Stew Meat
1 ea.....Medium Onion
4 ea.....Large Carrots
1 hd.....Celery
4 ea.....Medium Potatoes
1¼ qt.....Beef stock
1½ c.....Red Wine
1 (6 oz) can..Tomato Paste
1 Tbs.....Garlic Powder
1 Tbs.....Onion Powder
3 ea.....Bay Leaves
To taste.....Kosher Salt
½ c.....Flour



1. Dice stew meat, onion, carrots and celery into large chunks.
2. Heat the olive oil in a large heavy pot and add meat.
3. Add onion, carrots and celery when meat is browned.
4. Add stock, wine and tomato paste when vegetables are caramelized.
5. Add the garlic, onion, and bay leaves let simmer for about 2 hours, until the meat is tender.
6. Dice the potatoes and add to the stew. Simmer until done.
7. Place about 1 c of the liquid into a bowl and whisk in the flour.
8. Add back into the stew mixing well.
9. Bring to a boil while stirring until thickened.
10. Salt to taste.

My mom always served her stew with fried bread. She would take frozen bread dough and portion it into 1" balls and let it rise. She would then flatten and stretch it and fry it in hot oil. It was so good. Sometimes she would add a little fennel to the dough.

If you wanted to make this vegetarian, add more vegetables such as portabella mushrooms, egg plant, or pumpkin in place of the meat and replace the beef stock with a veggie stock. You could also use other types of meat such as chicken with chicken stock or seafood with a seafood stock. Feel free to try other types of veggies too.

If you are short on time follow the first 4 steps and then add to a crock-pot with rest of the ingredients and cook all day.

Be creative, have fun and enjoy!!!