

Just Like Mom's Beef Stew



INGREDIENTS:

2 lb of stewing beef
3 tablespoons of flour
½ tsp of salt
½ tsp of black pepper
3 tbsp of olive oil
1 onion, chopped
6 cups of beef broth
1 lb of potatoes,
peeled and cubed
4 carrots, cut into
1-inch pieces
4 stalks of celery, cut
into 1-inch pieces
3 garlic cloves, minced
3 tbsp of tomato paste
2 tbsp of cornstarch
¾ cup of peas

INSTRUCTIONS:

1. Combine flour, garlic powder, salt and pepper. Toss stewing beef in mixture.
2. Heat olive oil in large pot. Add in beef and onions and cook until browned.
3. Add beef broth and mix.
4. Stir in potatoes, carrots, celery, garlic and tomato paste. Reduce heat to medium low. Cover and let simmer for an hour or until the beef is tender.
5. Add cornstarch if the stew needs thickening.
6. Stir in peas and simmer for 5-10 minutes. Season with salt and pepper.

