

Beef Stew

Mother's version Beef into chunks dredge each piece in flour brown each piece in oil 1/2 full pot with water add two onions simmer until mostly cooked (1 1/2 hours) take meat out add: pepper, Worcestershire, a little bouillon (1 Tablespoon) Then carrot in first (for 15 minutes) then add potatoes (For another 45 minutes) Add meat and cook a little longer. If needed thicken with cornstarch and water

Old Fashioned Beef Stew

2.5 pounds lean beef top round, trimmed of all visible fat
2 teaspoons canola oil
1/2 cup dry sherry or red wine
1 large onion chopped
2 cloves garlic, chopped
2 (14.5) cans low sodium beef broth
2 cups water
2 bay leaves
1 teaspoon thyme
1/2 teaspoon ground black pepper
2 large carrots, peeled and cubed
1 large sweet potato, peeled and cubed
3 red-skin potatoes, peeled and cubed
2 tablespoons flour
2 tablespoons water

Cut meat into 1-inch cubes, being careful to trim away all fat and gristle. In a large kettle or Dutch oven set over medium-high heat, heat the canola oil. When hot, add the beef cubes and brown them on all sides. (You may have to do this in batches.) The meat may stick to the pan, but it will cook free later. When all the meat is brown, add the sherry or wine to the pot, stirring vigorously to loosen any bits of meat that may have stuck to the bottom. Add the onion, garlic, beef broth, 2 cups water, bay leaves, thyme leaves, and pepper. Bring the liquid to a simmer and cook over low heat for 1 1/2 hours, or until the beef is tender. (The stew can be cooked, refrigerated overnight and finished the next day.) Add the carrots, sweet potato and red-skin potatoes and cook for 30 minutes longer, or until the vegetables are tender. About 10 minutes before serving, mix the flour with the 2 tablespoons of water to form a liquid paste. Stir this into the simmering stew and allow to cook until the gravy thickens.