

Glorious Beef Stew

Helen Rekerdres

INGREDIENTS

2 lbs. beef stew chunks,
cut in 1-inch cubes

¼ Cup flour

¼ Cup olive oil

1 tsp. salt

1 tsp. celery salt

1 clove garlic, crushed

½ tsp. pepper

2 tsp. instant minced onion

1 bay leaf

¼ Cup cooking sherry
(or white wine or beef broth)

1 (8 oz.) can tomato sauce

1 Cup water.

2 Tbls. butter

2 tsp. sugar

10 small pearl onions, peeled
(Brandon does not like these so I either use a few or none at all.

Also, I found them in the frozen section already peeled)

6 medium carrots, peeled & sliced

1 lb. red potatoes, washed

1 (10 oz) pkg. frozen peas
(Brandon doesn't like these either, so I substitute 6 stalks sliced celery)

1 (3 oz) can sliced mushrooms
(I omit the mushrooms)

2 Tbls. chopped parsley

DIRECTIONS

1. Coat beef chunks in the flour, and heat up olive oil in large Dutch oven or stew pot over medium/medium-high heat. Brown beef in oil for about 10 minutes.
2. Stir in salts, garlic, pepper, onion, bay leaf, sherry, tomato sauce and 1 cup water. Bring to boiling.
3. Reduce heat and simmer, covered, for 1 ½ hours, or until meat is tender. Remove bay leaf.
4. Chop potatoes into bite-size chunks. Place in a separate pot and fill with water to cover potatoes. Boil potatoes until just cooked, not mushy. Drain.
5. Meanwhile, in a medium skillet, slowly melt butter with sugar. Add onions and carrots. Cook over low heat, stirring occasionally, until vegetables are glazed and golden, about 10 minutes.

6. Preheat oven to 350°F.
7. Stir glazed vegetables, drained mushrooms, peas, and potatoes into beef mixture. Bake covered for 30 minutes.

NOTES

1. If you are making the beef mixture in a stew pot that cannot be put in the oven, combine the veggies, potatoes, and beef mixture in the stew pot...then transfer stew to a 9x13 glass baking dish and cover with foil...bake as directed.
2. I don't use the peas in this stew, so I add the celery into the beef mixture before it simmers for 1 ½ hours. And, I usually don't add in the mushrooms.