

OLD FASHIONED BEEF STEW

F EASY

Last Modified: 11/03/2016

PREP: 10 Min
COOK: 3 Hrs
STOVETOP

SOUP-STEW

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Beef Stew Meat	1" Pieces
4	Whole	Carrots (Scrubbed)	1" Pieces
2	Medium	Starchy Potatoes (Idaho / Russet)	1" Pieces
3	Small	Yellow Onions	Quartered
2	Cloves	Garlic	Minced
2	Tsp	Olive Oil	
1	14.5 Oz	Can Bone Broth (Swanson)	
1/4	Cup	All Purpose Flour	Divided
2	Tbsp	Tomato Paste (Contadina)	
2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
1	Whole	Bay Leaf	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1	Tsp	Oregano	

PREPARATION

FACTOID	Simple to make, delicious and ancient. This dish has been being made since colonial times, cooked in a Dutch Oven swung over a fireplace (often slightly burnt because there were other things to do to survive besides stirring). This recipe has been "updated" to use modern grocer-available ingredients. Parsnips were often used.
TOOLS	1) Dutch Oven and Lid
PREP	<p>DISH</p> <p>1) Quarter the Yellow Onions and set them aside. 2) Mince the Garlic Cloves and add them on top of the Onions. 3) Scrub the Carrots, cut them into 1" Pieces and set them aside (reserve the greens). 4) Scrub the Potatoes, cut them into 1" pieces & submerge in water until needed.</p>
1	BEEF: In a Dutch Oven over medium high heat, add in 2 tablespoons of Olive Oil and heat until the Oil shimmers. Brown the Beef, stirring often until well browned, about 10 minutes. Remove the Beef and set it aside.
2	MIREPOIX: In the Dutch Oven over medium high heat, add in the Onions and Garlic and cook until the Onions are transparent and the Garlic is fragrant, about 5 minutes.
3	STEW: Add the Beef back in, sprinkle the top with 1/2 of the Flour and cook while constantly stirring until no white remains, about 2 minutes.
4	BROTH: Stir in the Beef Broth, Tomato Paste, Worcestershire Sauce, Oregano, Bay Leaf and bring it to a boil. Stir in the remaining Flour.
5	STEW: Lower the heat to low and simmer while covered for 2 hours. Add in the Carrots and Potatoes and simmer while uncovered for 30 minutes more. Remove the Bay Leaf and stir in the Salt and Pepper to taste.
SERVE	Ladle the Stew into bowls and sprinkle the top with some chopped Carrot greens. Serve while hot with lots of crusty Bread and Butter on the side.