

Classic Beef Stew

This is a basic recipe. You can add more vegetables such as green beans, peas, cabbage, corn, mushrooms, and rutabaga. The tomatoes give the soup a slightly different taste.

2 pounds beef stew meat,
cut into 1-inch cubes
1 to 2 Tbs. cooking oil
1 large onion, chopped
2 beef bouillon cubes
4 cups water
1/2 tsp. salt
1 tsp. pepper
6 medium potatoes, peeled,
cut into 2-inch pieces
5 medium carrots, peeled,
cut into 2-inch pieces
1 cup celery cut in 1-inch pieces
1/3 cup all-purpose flour
1 cup cold water
2 tsp. Worcestershire sauce
1 Tb. dried parsley or
1/4 cup fresh parsley, chopped



In a Dutch oven over medium-high heat, brown meat in oil.
Add onion and sauté 5 minutes more.
Dissolve bouillon in water and add to meat mixture.
Salt and pepper, if desired; bring to a boil.
Reduce heat; cover and simmer 1 hour.
Add vegetables; cover partially; simmer for 30 minutes or until the meat and vegetables are tender.
Combine flour, cold water, and Worcestershire sauce.
Stir into stew; bring to a boil.
Stirring constantly, boil for 1 minute
Add parsley and serve.

Yield: 8 servings.

NOTE: One can (16 oz.) tomatoes with liquid and condensed beef broth, undiluted can be added to water equaling the 4 cups. Omit the bouillon.