

Steve's Beef Stew

Makes 8-12 servings

Note: Best made a day ahead and reheated over medium-low heat

Ingredients

½ cup all-purpose flour (make roux with another ¼ cup if stew is too soupy)	5 bay leaves
1 tablespoons salt or seasoning salt (preferred)	1 teaspoon thyme
½ tablespoon black pepper	½ cup Worcestershire sauce
6 tablespoons olive oil	2 cups dry red wine
4 pounds beef stew meat (the more marbled the meat the better the stew)	2 cups water
1 medium sweet onion finely chopped	1 tablespoon Beef Better than Bouillon
4 cloves garlic peeled & pressed	1 pound frozen pearl onions – defrosted & halved
2 stalks celery finely diced	1 pound small red and/or white potatoes – halved
1 tablespoon tomato paste	4 large carrots, peeled & sliced

Directions

1. Put flour, salt and pepper in a gallon zip bag.
2. Heat oil over medium heat in a large Dutch oven.
3. Place meat in bag with the flour, salt and pepper and shake until the meat is well coated.
4. Shake off meat pieces and add them to the oil
5. Stir meat until browned
6. Remove meat from pan
7. Add finely chopped onion, garlic and celery to Dutch oven and cook, stirring with a wooden spoon to scrape up browned bits until onions are lightly browned
8. Add remaining flour from the bag and tomato paste to the pan and cook for 3 minutes
9. Add bay leaves, thyme, Worcestershire sauce, wine, water and Beef Better than Bouillon to the Dutch oven.
10. Stir until flour dissolves
11. Reduce heat to low, cover Dutch oven and cook for 1½ hours
12. Add pearl onions, potatoes and carrots to the Dutch oven,
13. Cover and cook for an additional 45 minutes or until the vegetables are tender
14. Allow to cool and then refrigerate

Serve with wide noodles and/or fresh crusty bread