

## Old Fashioned Stew

### Ingredients:

- 3 potatoes, peeled and cubed
- 4 carrots, peeled and sliced
- 2 stalks celery, cut up
- 1 onion, diced
- 1 lb. beef stew meat cut into 1" cubes
- 1 8oz. can beef broth
- 1 8 oz. can corn, drained
- 3 cups water
- Beef stew flavor pkg.
- 2 Tbsp. olive oil



Add carrots to a saucepan and just enough water to cover the carrots. Bring to a boil, simmer for 5 minutes and set aside. You want the carrots cooked just enough so you can pierce them with a fork.

In a large pot, add 2 tbsp. olive oil, onions and celery and sauté for 5 minutes. Meanwhile, pour flour in a flat dish, add salt and pepper to taste, then toss the stew meat in the flour.

Add the stew meat to the onion- celery mixture and cook until the meat is browned on all sides – this doesn't take more than a few minutes.

Next, add the carrots with the water it was cooked in, corn, and flavor package to the stew mixture. Add the beef broth and mix well. At this point, you can add more water to produce the thickness that you want.

Bring to a boil, reduce to a simmer for 30 minutes, stirring often.