

Beef stew

1 to 2 lbs Stew Beef Meat
3 tbsp Flour
2 tbsp Vegetable Oil
1 Bay Leaf
1/2 tsp Salt
1/4 tsp Paprika
1 Clove Garlic (Crushed / Minced)
1/8 tsp Ground Red Pepper
1/2 tsp Thyme
1/4 tsp Black Pepper
2 Cups Water (4 Total)
2 Bullion Cube
4 Carrots (cut into 1" pieces)
6 Potatoes (cut into 1" chunks)
3 to 4 Sm White Onions Chopped or 1 Large Yellow Onion Diced
4 Celery Sticks (cut into 1/2" pieces)

Heat oil in large saucepan or 10" Dutch oven on medium-high heat.

Add the beef, brown on all sides.

Stir in the 2 cups water, bullion cubes and seasonings. Bring to boil.

Reduce heat to low, cover and simmer 1 ½ hours.

Mix in well the 3 Tbsp Flour into 1 cup cold water.

Stir in vegetables. Add flour water plus maybe 1 more cup of water (at least enough to just cover vegetables), stir well, bring to boil.

Reduce heat and Simmer about 30 mins (until vegetables are tender).

Remove bay leaf. Serve.

*** This is a modified McCormick Recipe ***