

Hearty Beef Stew



PREPARATION TIME
20 minutes



COOKING TIME
45 minutes



PERFECT PARTNER
corn bread



This stew is a perfect dish to use either leftover roast beef or leftover steak. Make sure you remember to trim all the fat away from the beef before cutting it into stew-size cubes.

SHOPPING LIST

- beef bouillon cubes • beef
- carrots • potatoes

ON HAND

- Worcestershire sauce
- onion • garlic • bay leaf
- flour • pepper

Hearty Beef Stew

INGREDIENTS

- 4 cups water
- 5 beef bouillon cubes
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon pepper
- 2 cups cubed cooked beef
- 6 carrots, peeled, thickly sliced
- 3 potatoes, peeled, cut into chunks
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 small bay leaf
- 2 tablespoons flour

SERVES **6**

COOKIN'
Express

• Raw potatoes won't discolor if you place them in cold water after you've peeled and coarsely chopped them. Just drain thoroughly before adding them to the stew in step 2.

Make Ahead

Prepare this stew up to a day ahead. Refrigerating for 24 hours will allow the flavors to blend. Reheat slowly before serving.

♦ VARIATION

For a great way to utilize leftovers, replace the beef with lamb, pork or chicken.

1 Bring water with bouillon cubes to a boil in a large saucepan, stirring until bouillon dissolves completely. Add Worcestershire sauce and pepper.



2 Stir beef, carrots, potatoes, onion and garlic into bouillon mixture. Return to boil. Place bay leaf on top; cover tightly and reduce heat.



3 Simmer for 30 minutes or until vegetables are tender. Remove about 1/2 cup of the liquid to a small bowl. Blend with flour.



4 Increase heat to boiling point. Stir flour mixture into stew. Cook, stirring continually, until juices are thickened, about 15 minutes. Discard bay leaf.

