

# Beef Stew

8 servings • Category: Dinner • Generated by Nutrifax

## Ingredients

- 900 g Beef (chuck, roast, boneless, choice, raw)
- 450 g Potatoes (russet, flesh and skin, raw (Includes foods for USDA's Food Distribution Program))
- 1 1/2 cup grated Carrots (raw)
- 3/4 x 250 ml diced Celery (raw)
- 1 cup, sliced Onions (raw)
- 3 clove Garlic (raw)
- 33 g Tomato (paste, canned, without salt added)
- 4 cup Soup (stock, chicken, homemade)
- 24 g Flour (wheat, all-purpose, enriched, bleached)
- 2 tbsp Vegetable oil (olive)
- 1 tbsp Sauce (worcestershire)
- 1 x 5 ml, ground Spices (thyme, dried)
- 1/2 tsp Spices (rosemary, dried)
- 1 1/2 tsp Salt (table)
- 1/2 x 5 ml whole Spices (pepper, black)

## Instructions

1. Cut the beef into 1-inch cubes. Season with salt and pepper, then toss with flour.
2. Heat olive oil in a large Dutch oven over medium-high heat. Brown the beef in batches, about 3 minutes per side. Remove and set aside.
3. Add the onion and cook 4 minutes. Add the garlic, tomato paste, thyme, and rosemary. Stir 1 minute.
4. Pour in the broth and Worcestershire sauce. Scrape up any browned bits from the bottom.
5. Return the beef to the pot. Bring to a boil, then reduce heat to low. Cover and simmer for 1 hour.
6. Peel and cube the potatoes. Slice the carrots and celery. Add all vegetables to the pot.

7. Continue simmering covered for 30–40 minutes until the vegetables and beef are tender.
8. Taste and adjust seasoning. Serve hot with crusty bread.