



DINNER for
One
or more

Beef STEW

1 ½ - 2 Pounds Beef Stew Meat, <i>cut into 1-inch chunks</i>	4 Cups Beef Stock <i>(I used 2 beef bouillon cubes, dissolved in 4 cups of hot water)</i>
1 Teaspoon Salt	2 Carrots, chopped
½ Teaspoon Black Pepper	2 ribs Celery, chopped
½ Teaspoon Onion Powder	4 - 5 Mushrooms, sliced
1/3 Cup Flour	4 Small Red Potatoes, chopped, skin on
½ Tablespoon Olive Oil	1 Tablespoon fresh Thyme
1 Large Onion, diced into large chunks	1 Bay Leaf
2 Garlic Cloves, minced	Salt & Pepper to taste

In a large zip-lock bag, combine flour, salt, pepper, and onion powder. Add meat and shake until well coated. In a large pot or dutch oven, add cooking oil and brown the meat on medium heat, on all sides for about 5 minutes. With all the meat browned and in the pan, reduce heat to medium. Add onion & garlic. Cook and stir 2-3 minutes until onion is browned. Add beef stock, thyme and bay leaf and bring to a boil. Turn heat down, cover and simmer for 2 hours, checking occasionally.

After 2 hours, stir in potatoes, mushrooms, carrots & celery and bring to a boil. Cover & simmer 10-15 minutes until vegetables are done. Combine flour with 1/4 cup stock or water, whisking until there are no lumps. Stir into stew and cook 5 more minutes until thickened. Serve hot with fresh thyme.

emelia bird  © 2016