

Beef Stew

<http://userealbutter.com/2007/10/01/beef-stew-recipe/>

1 – 1 1/2 lbs. beef chuck, trimmed of fat and cut into large cubes (maybe 2 pounds before trimming the fat?)

salt

pepper

4 tbsps flour

4 large potatoes, peeled and cut into large chunks

5 carrots, peeled and cut

4 stalks celery, cut

1 onion, cut coarsely

4 cloves garlic, minced

28 oz. tomatoes, diced (I no longer use canned tomatoes of any kind – fresh or Pomi brand works)

4 cups beef broth

vegetable oil

Coat beef with salt and pepper, then rub in 2 tbsp of flour. Brown the beef in hot oil until most sides are browned but still very pink or red on the inside. Remove from heat and set aside.

Method 1: Brown vegetables (except for tomatoes) in a little oil. Add tomatoes and 2 tbsp flour. Add one can of broth and simmer. Toss in garlic and beef and 2nd can of broth. Simmer covered for 2-3 hours until beef is tender.

Method 2: Put the beef in a crock pot. Add garlic, vegetables, broth, and tomatoes. Cover and cook on high for 8 hours.

You can thicken the soup with cornstarch and water, or by making a roux and incorporating the soup, or reducing it over a simmer. I tend to like it soupy.