

OLD FASHION BEEF STEW



COOK TIME
50 minutes

TEMPERATURE
350°



SERVINGS
6 servings

Ingredients

- 1/2 tsp. black pepper
- 3 T. all-purpose flour
- 2 T oil
- 1 1/2 lbs. stew meat (1 inch cubed)
- 2 1/2 C tomato juice
- 3 1/2 C beef broth
- 1 med. Sized onion (chopped)
- 5 carrots (peeled, cut)
- 4 celery stalks (cut)
- 3 large Potatoes (peeled, cut)
- 2 tsp minced garlic
- 3 small bay leaves

Steps

In a bag, add the flour and pepper. Shake bag to combine. Add stew meat pieces and shake bag until beef is evenly coated with flour mixture. Add oil to a 5 qt dutch oven and heat over medium heat (350°). When pot is heated, remove from oven and place on an electric single burner set at medium- high heat. Add stew meat and cook until golden brown. Remove meat and add onions to pot to deglaze the pot for a couple of minutes. Then add tomato juice and beef broth followed by carrots, celery, bay leaves and garlic. Add potatoes and stew meat. Mix well and bring to a boil. Turn off burner. Put lid on top and transfer dutch oven into a 350° brick oven. Cook for approximately 50 min or until meat and veggies are tender. Once stew has cooked, its ready to eat!

Notes

- Stew can be prepared and cooked entirely in the brick oven if you choose not to use a single electric burner
- I find that by keeping the meat and veggie pieces smaller they will cook faster in oven
- Our biscuit or beer bread recipe pair well with this stew!