







Hearty Beef Stew

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Ingredients

1/2 cup all-purpose flour 
1 tsp. onion salt 
1/2 tsp. black pepper 
4 lrg. onions – minced
2 med. stalks celery – sliced
6 lrg. potatoes – peeled, diced
6 med. carrots – sliced
1 Tbls. parsley flakes 
1/2 tsp. dried basil 
1 Tbls. Worcestershire sauce  mixed with 1 Tbls. cold water
2 cups frozen OR fresh peas

Directions

In a plastic zipper bag, shake together flour, garlic salt, onion salt, seasoned salt, and black pepper.

Shake meat cubes in mixture, a handful at a time, until well coated.

In a large pot, heat half the oil over medium-high heat.

Brown half the coated meat in hot oil, about 1 minute per side.

Remove the browned meat from the pan and repeat with remaining oil and meat; remove all meat from pot and set aside.

Sauté onions and celery in pot until soft, then remove from pot and set aside.

Drain excess oil/fat from pot.

Add potatoes, carrots, parsley, thyme, basil, beef broth, and Worcestershire sauce to pot and bring to a boil.

Add browned meat, onions, and celery to pot, reduce heat to low, and simmer, covered, for 1 1/2 hours, stirring occasionally.

Slowly stir peas and cornstarch/flour mixture into stew and simmer until thickened and peas are cooked.