



# Skillet Beef Stew

written by The Recipe Exchange | August 10, 2017

## **Ingredients**

2 Tbsp. cooking oil  or oregano 

1/3 cup all-purpose flour

1 recipe Potato Mashers

## **Directions**

In 12-inch skillet brown beef in hot oil over medium-high heat with thyme and 1.4 teaspoon each salt and pepper. Remove, set aside. Add carrots, celery, and onions to skillet, cook and stir 5 minutes. Return beef to skillet. In bowl whisk together broth and flour; add to skillet. Bring to boiling; reduce heat. Simmer, covered, 45 minutes. Uncover; simmer 10 minutes or until meat is tender. Serve with potatoes. Makes 8 servings.

Potato Mashers: In microwave-safe bowl, microcook 8 Yukon gold potatoes (23.4 lb.), half at a time, on high (100 percent power) 8 minutes, covering bowl with vented microwave-safe plastic wrap. Mash potatoes with 1 cup milk, 1.2 teaspoon salt, and 1.2 teaspoon black pepper.