

# Beef Stew



## Ingredients:

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|---|--|
| 1/4 cup all-purpose flour                         | 1 cup thinly sliced celery               |
| 1/4 tsp black pepper                              | 2 Tbsp Worcestershire sauce              |
| 2 lb chuck pot roast, cut into<br>3/4-inch pieces | 1 tsp dried thyme                        |
| 3 Tbsp vegetable oil                              | 1 bay leaf                               |
| 3 cups vegetable juice                            | 4 red potatoes, cut into<br>1-inch cubes |
| 3 cups beef broth                                 | 4 carrots, cut into 1/4-inch slices      |
| 2 medium onions, cut into<br>thin wedges          | 1 1/2 cups frozen peas                   |

## Directions:

Place flour and pepper in large sealable plastic bag. Add beef. Seal bag and shake to coat all pieces with flour mixture. In heavy pot, heat half vegetable oil over medium-high heat. Add half beef and browned on all sides. Remove beef and set aside. Add more oil to pot and brown remaining beef. Return all beef to the pot. Stir in vegetable juice, beef broth, onion, celery, Worcestershire sauce, thyme, and bay leaf. Bring to boil. Reduce heat and cook covered for 1 hour. Stir potatoes and carrots into pot. Bring to boil. Reduce heat. Cover and cook until the vegetables are tender (about 30 to 40 minutes). Stir in peas and cook until heated through. Remove bay leaf before serving.

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