

Jenny's Beef Stew

Boy, do I love beef stew! Imagine tender chunks of meat you can cut with a fork... it's the perfect comfort food. Browning the meat is key and takes time. Pieces should not touch so do it in two batches if necessary. Btw, the iron in beef is the kind that's best absorbed.

1/4 cup flour
1/2 teaspoon salt
pepper to taste
1 lb. stew meat, visible fat removed

3 teaspoons olive oil, divided
1 cup chopped onion
1 clove garlic, minced
2 1/2 cups beef stock, heated
2 Tablespoons fresh parsley
1/2 teaspoon salt
1/2 teaspoon dried thyme leaves
1 bay leaf

4 medium red potatoes (about 1 1/4 lbs.) cut in large chunks
2 giant carrots, thick sliced
2 celery stalks, sliced
2 teaspoons flour

1. Combine 1/4 cup flour, salt & pepper in a plastic bag. Dredge meat with flour mixture.
2. Heat 2 teaspoons oil in a dutch oven over medium-high heat and brown the meat on one side for 4-5 minutes without turning over. Turn meat, add 1 tsp. oil & brown another 2-3 minutes. If doing in batches, remove first batch to a bowl.
3. With all the meat browned and in the pan, reduce heat to medium. Add onion & garlic, stirring into the meat. Sauté 2-3 minutes until onion is browned.
4. Add hot stock, parsley, salt, thyme & bay leaf and bring to a boil. Cover and reduce heat. Simmer for 1 1/2 hours.
5. After 1 1/2 hours, stir in potatoes, carrots & celery, bring to a boil, cover & simmer 10 minutes.
6. Combine 2 teaspoons flour with 1/4 cup stock or water, add to stew and cook another 5 minutes until thickened. Remove bay leaf.

*serves 3 or 4