

Great Beef Stew, Fast & Easy

1. In a cast iron Dutch oven brown 3 pounds of sirloin in 2 tablespoons of oil.
2. Add the next seven ingredients and bring to a boil. Now put the lid on the pot and simmer for 1.5 hours on a low fire, stirring occasionally.
3. Add potatoes, carrots and celery. Add more water if necessary. Bring to a boil and simmer over a low fire, with the lid on, for about 40 minutes or until the vegetables are tender.

Makes enough to feed 4-6 adults.

Ingredients List:

3# of Sirloin, diced

2 tablespoons oil

2 cups of water

2 medium onions, sliced

1 garlic clove, minced

2 bay leaves, whole

1 tablespoon salt

1 tablespoon black pepper

1 teaspoon Worcestershire sauce

1 teaspoon Paprika

6 potatoes, diced small

6 carrots, diced small

2 stalks of celery, diced small

Add more or less pepper, corn, hot sauce, tomatoes – or whatever you think your family will enjoy. This is an easy recipe to ‘make your own.’