



BEEF STEW

- In a large pot, brown the beef in olive oil over medium heat.
- Add the onion, carrot, and celery and cook, stirring constantly, until softened.
- Add the garlic and cook for 1 minute more.
- Add the beef broth, tomato paste, Worcestershire sauce, salt, and pepper.
- Bring to a boil, then reduce heat and simmer for 1-2 hours, or until the beef is tender.
- Serve with mashed potatoes or noodles.