

# Beef Stew

Recipe by: Taste of Home, modified by the O'Connor clan

Servings: 5

Amount	Ingredient	Prep Notes
1 pound	stew meat	cubed
1 tablespoon	oil	
16 ounce can	petite diced tomatoes	
2 cups	beef broth	
dash	Worcestershire sauce	
4 cloves	garlic	minced, or 1 teaspoon powdered
1	large onion	minced, or 1/4 cup of dried minced onion
pinch	pepper	
1 teaspoon	dried basil	
1/2 teaspoon	dried oregano	
1/2 teaspoon	dried rosemary	
pinch	marjoram	
4	large carrots	sliced
2	large potatoes	cubed
3/4 cup	frozen peas	
3/4 cup	frozen corn	
2 tablespoons	flour	
1/2 cup	water	

- brown beef in oil
- add everything except the flour and water to cooking pot; bring to boil
- cover and cook until beef is tender (1-2 hours on simmer on stove top, 2-3 in oven at 375, 4-6 hours in crock pot)
- blend flour and water until no clumps; stir into stew mixture; increase heat and stir until mixture thickens