

Hearty Beef Stew

Also Known As
Stove top Stew

Course	Yield	Type of Food	Main Ingredient
Stew	4 servings	Meat	Beef
Comments			

Prep Time 4 hours

Cooking Time

Ethnic Origin International

Pre-Heat? Yes **Temperature** **Grease Pan?** Yes

Measure	Ingredient	Measure	Ingredient
1.5 lb.	stew beef, in chunks		
1 Tbs.	olive oil		
1 large	onion, chopped		
1 cup	beer		
2 tsp.	Worcestershire sauce or powder		
1 tsp.	soy sauce		
1	bouillon cube		
1	bay leaf		
3	carrots		
4 medium	potatoes		
2 Tbs.	flour		
.5 cup	cold water		

Instructions

1. Sauté the beef in the olive oil over medium heat until brown on all sides.
2. Add onion and cook until it begins to brown.
3. Add beer, sauces, bouillon cubes, bay leaf, and enough water to cover the meat. Simmer for 2-3 hours.
4. Cut carrots and potatoes into bite size pieces. Add them to the stew and bring to a boil. Simmer until the vegetables are tender.
5. About 10 minutes before serving mix the flour and cold water together, add to the stew and stir thoroughly until the stew thickens to the desired consistency. Season to taste.