

RECIPE

# Basic Beef Stew



## Ingredients

- Stewing beef
- 1 clove garlic, minced
- 1 onion, chopped
- 1 ml dried thyme
- 1 ml dried marjoram
- 1 Tbsp + 2 tsp flour
- 1 ½ cups beef broth
- ½ cup red wine vinegar
- 1 Tbsp + 2 tsp tomato paste
- 1 ½ tsp brown sugar
- 1 tsp Worcestershire sauce
- Dash salt
- Pepper to taste
- 1 cup thick sliced carrots
- 1 cup diced potatoes
- 1 cup frozen peas

## Preparation

1. **Cut beef into cubes. Brown beef cubes in small amount of oil over medium high heat turning to brown on all sides; push beef to one side.**
2. Stir in garlic, onions, thyme, marjoram; cook for 5 minutes, stirring often.
3. **Sprinkle with flour and cook, stirring constantly, until flour is well blended, about 2 minutes.**
4. **Pour in beef broth; bring to a boil, stirring constantly. \*\* add more beef broth if needed**

5. Stir in red wine vinegar, tomato paste, brown sugar, Worcestershire, salt and pepper. Add all vegetables. Reduce heat and simmer, uncovered 50-60 minutes, stirring frequently until thickened.
6. Cover and continue cooking for another 20-30 minutes