

RECIPE

Saucepan Beef Stew



Ingredients

- ½ pkg Stewing Beef
- 2 Tbsp flour (30 ml)
- ½ tsp salt (2 ml)
- ½ tsp pepper (2 ml)
- 1 Tbsp oil (15 ml)
- 1 tsp oil (5 ml)
- 1 onion, chopped
- ¼ cup Red wine vinegar (50 ml)
- 2 ½ cups beef broth (625 ml)
- 1 Tbsp tomato paste (15 ml)
- 1 tsp dried thyme (5 ml)
- 2 cups (1 bag) carrots, chopped (500 ml)
- 1 lb (½ bag) potatoes, halved or quartered
- 2 Tbsp water (30 ml)
- 2 Tbsp flour (30 ml)

Preparation

1. **Put first 4 ingredients into a large, resealable freezer bag. Seal bag. Toss until coated. Remove beef. Throw bag away.**
2. Heat first amount of cooking oil in a large saucepan on medium heat. Cook beef in 2 batches for about 5 minutes per batch, stirring occasionally, until browned. Transfer to a large plate. Set aside.
3. Heat second amount of cooking oil in the same saucepan. Add onion. Cook for 5-10 minutes, stirring often, until softened.

4. Add red wine vinegar. Heat and stir for 1 minute, scraping any brown bits from the bottom of the saucepan.
5. Add beef and next 3 ingredients. Stir. Bring to a boil. Reduce heat to medium-low. Simmer, covered for 30 minutes.
6. Add carrots and potatoes. Stir. Bring to a boil. Reduce heat to medium-low. Simmer, covered for 20-30 minutes until beef and potatoes are tender.
7. Stir water into flour in a small cup until smooth. Slowly add to beef mixture, stirring constantly until boiling and thickened.