



Rosemarie's Beef Stew

PREP: 60 min.

INGREDIENT LIST:

- 1 lb. stew beef
- 3/4 cup flour, or as needed
- 2 Tbsp. cooking oil
- 1 medium onion, diced
- 1 head garlic, diced
- 2-3 carrots, sliced
- 1 qt. tomato purée
- 2 big potatoes, sliced
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 yellow or orange pepper, sliced

RECIPE INSTRUCTIONS:

1. Cut stew beef into bite-sized pieces. Place stew beef into a plastic bag with approximately 3/4 cup of flour. Combine.
2. Put 2 Tbsp. of cooking oil in a Dutch oven-size pot; add the beef and brown over high heat.
3. Once the meat is brown, add onions & garlic. Cook for 2-3 minutes.
4. Add enough water to cover the meat, onions, and garlic.
5. Cook until soft, about 20 minutes or longer, depending on how tender you want the meat.
6. Add carrots and cook until half done, about 15 minutes.
7. Add tomato purée, potatoes, and peppers, and cook until the potatoes are done, approximately 15-20 minutes.

*** Serve over noodles or rice.

