

# SAVORY BEEF STEW

BY AARON TIERSON

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## Ingredients:

- 8 tablespoons canola oil
- 4 lb beef chuck roast cut into 1" cubes
- salt and pepper 2 onion finely chopped
- 8 ribs celery sliced
- 8 large carrots peeled and chopped
- 8 teaspoons minced garlic
- 4 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme
- 8 tablespoons cornstarch
- 8 cups low sodium beef broth
- 8 tablespoons tomato paste
- 4 tablespoon Worcestershire sauce
- 4 bay leaf
- 4 lb Little potatoes, quartered
- 4 cup frozen peas



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## Instructions:

1. Heat a large dutch oven or soup pot over medium heat. Add oil and let heat for 2 minutes. 2. Add cubes of beef and season with salt and pepper. Cook until browned (2-3 minutes), then flip and brown on the other side. You may have to brown your beef in two batches to allow room for every piece. 3. Remove the browned beef from the pot and set aside. 4. Add the onion, celery and carrots, cooking and stirring until the onion has softened and is starting to brown (add additional oil if the pan is too dry). 5. Stir in garlic, salt, pepper, thyme -- cook and stir for 1 minute. 6. Stir in corn starch until all white is gone. 7. use a wooden spoon to scrape any browned bits from the bottom of the pan. 8. Stir in the beef broth, tomato paste, Worcestershire sauce, bay leaf, potatoes and browned beef. Bring to a simmer over medium heat, then cover and reduce the heat to low. 9. Simmer, covered, stirring occasionally, until potatoes and carrots are tender, about 20 minutes. Stir in peas, adjust seasoning to taste and serve

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