

Beef Stew with a Kick!

Recipe by: Carla Due, Miller County Extension Agent

Ingredients:

- 4 tablespoons oil
- 1/2 cup all purpose flour
- 1 teaspoon each pepper, parsley
- 2 pounds beef stew meat
- 2 small yellow onions, chopped
- 6 large potatoes, diced with skins on
- 6 carrots, sliced
- 1 cup whole kernel corn
- 1 cup English peas
- 1 can tomatoes and diced chili's, undrained
- 1-64 oz can low sodium vegetable juice

Directions:

1. In a large pot or Dutch oven, heat oil over medium high heat.
2. In a plastic bag, mix together the flour, pepper, and parsley.
3. Add a small handful of meat at a time and shake until well coated
4. Brown meat in hot oil, about 1 minute per side.
5. Remove the browned meat and continue until all the meat is browned.
6. Lower heat to medium and add chopped onions.
7. Caramelize onions, then remove and set aside.
8. Deglaze the pot by adding vegetable juice and bringing to a boil while scraping the browned bits from the bottom of the pot.
9. Add potatoes, carrots, onions, meat, corn, and English peas.
10. Stir together; reduce heat to low, cover and simmer, stirring occasionally.

Serve with cornbread.