



Quick and Easy Beef Stew

Serves 4

Nothing tastes better than beef stew.

What You'll Need:

2 tablespoons vegetable oil

2 1/2 pounds beef stew meat, trimmed and cut into 1-inch chunks

1 onion, coarsely chopped

1 garlic clove, minced

1/2 teaspoon black pepper

2 (15-ounce) cans mixed vegetables, undrained

1 (15-ounce) can whole potatoes, drained and quartered, with liquid reserved

1 (14.5-ounce) can whole tomatoes, drained and quartered, with liquid reserved

1 (10.5-ounce) can condensed beef broth (stock cubes are perfect here)

Preparation

1. In a large pot or pressure cooker, heat oil over high heat. Add beef, onion, garlic, and pepper, and cook 10 minutes, or until beef is browned, stirring frequently.

2. Stir in remaining ingredients, including reserved liquids, and bring to a boil. Reduce heat to medium and cook 1 hour (10 mins in pressure cooker), or until beef is tender and a thick gravy has formed, stirring occasionally.

For a chunkier stew, use 1 can cut green beans and 1 can sliced carrots instead of 2 cans mixed vegetables. If using a pressure cooker, it is possible to leave untouched in the pan over night. Do not open the pressure cooker once cooked, and bring to the boil/pressure for 2 mins before serving the next day.

NOTE: This is perfect cooked in a pressure cooker, saving time and gas.