

Simple & Easy Beef Stew

The Beader Chef Original

Servings: 6

Ingredients:

- 3 lbs. sirloin roast, cut into 1-inch cubes
- 1/4 cup flour
- 1/2 tsp. salt
- 1/4 tsp. ground pepper
- 4 tbsp. vegetable oil
- 8 - 10 cups of water (as much as your pot can hold with space for the vegetables)
- 1 onion, whole
- 2 Knorr beef bouillon cubes
- 2 tbsp. Kitchen Bouquet
- 1 turnip, cut into 1-inch cubes
- 4 – 5 carrots, cut into 1-inch pieces
- 1 lb. medium potatoes, quartered
- Cornstarch
- Cold Water

Directions:

1. Place flour in a large bowl and season with salt and pepper.
2. Toss and coat the pieces of beef in the flour mixture.
3. In a large Dutch oven or pot, heat the oil over medium-high heat and brown the beef in batches.
4. Once browned, return all the meat to the pot and add water and onion. Bring to a boil.
5. Once boiling, reduce to a simmer for 45 minutes to an hour with the lid slightly open. About half way through this time, taste the broth and season to your liking

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with the bouillon cubes and Kitchen Bouquet (the above quantities are approximations).

6. Next add the turnips and carrots and let simmer for about 10 minutes, cover off.
7. When the turnips and carrots are firm yet slightly tender add the potatoes and continue to simmer until all vegetables are tender, about 25 to 30 minutes.
8. Remove the onion, and taste the broth-gravy that has formed adjusting with salt and pepper to taste. If the broth-gravy is not thick enough, combine 2 tbsp. cornstarch with 2 tbsp. cold water and add to the stew while stirring; if not thick enough, repeat.
9. Serve with some baguette to mop up all the goodness.

Notes:

Because the overall cooking time of this stew is anywhere from 1 hour and 30 minutes to two hours (depending on how long you let the meat simmer and how tender you like your vegetables) the meat sometimes does not get as tender as I would like; thus the choice of sirloin roast pieces. Feel free to use your favourite stewing beef.

If you like onions in your stew and would like to eat them, before returning all the beef to the pot and adding water sauté chopped onions until translucent and then proceed.

Taste as you go! If you think there is a need for another bouillon cube or more Kitchen Bouquet, go for it! I know, that sometimes the meat is so flavourful that the bouillon cubes and/or the Kitchen Bouquet are not required.