

THE BEST BEEF STEW EVER

ingredients :

2 tbsps of olive oil.

2 pounds of cubed beef stew meat.

2 tbsps of all purpose flour.

4 cups of water.

2 cups of beef broth.

$\frac{1}{2}$ tsp of salt

$\frac{1}{2}$ tsp of ground black pepper.

4 cups of cubed potatoes.

2 cups of chopped carrots.

1 tsp of dried rosemary.

1 cup of fresh corn kernels.

1 cup of fresh green beans cut into 1" pieces.

1 cup of chopped turnip (optional).

2 cups of chopped fresh tomatoes (optional).

How to:

In a large pot, heat the oil and stir in the beef and flour until browned.

Pour in the water and broth and season with salt and pepper. Bring to a boil, reduce the heat and simmer for 1 hour.

Mix in the potatoes, carrots and rosemary and simmer for 1 to 2 more hours.

Mix in the corn, green beans and simmer for 30 min