

Old Fashioned Beef Stew

¼ cup	All-purpose flour
½ tsp	Pepper
1 tbsp	Vegetable oil
1 ½ lbs	Lean stewing beef, cut into cubes, 1 ½ inch cubes
2	Medium onions, chopped
3	Cloves garlic, minced
1 tsp	Each dried thyme and dried marjoram
1	Bay leaf
3 tbsp	Tomato paste
4 cups	Low sodium beef stock (approx.)
5	Carrots
2	Stalks celery
4	Potatoes
1 ½ cups	Green beans
¼ cup	Fresh parsley, chopped
	Freshly ground pepper

- Combine flour and pepper in a heavy plastic bag. In batches, add beef to flour mixture and toss to coat. Transfer to a plate. Reserve remaining flour mixture.
- In a Dutch oven or large saucepan, heat vegetable oil over med-high heat; cook beef in batches, until browned all over. Transfer to a plate.
- Reduce heat to med-low. Add onions, garlic, thyme, marjoram, bay leaf and remaining flour to pan; cook, stirring for 4 minutes or until softened. Add 1-cup beef stock and tomato paste; cook stirring to scrape up brown bits. Return beef and any accumulated juices to pan; pour in remaining 3 cups of beef stock.
- Bring to a boil, stirring until slightly thickened. Reduce heat, cover and simmer over med-low heat, stirring occasionally for 1 hour.
- Meanwhile, peel carrots and halve lengthwise. Cut carrots and celery into 1-½ inch (4cm) chunks. Peel potatoes and quarter. Add vegetables to pan. Cover and simmer for 30 min.
- Trim ends of beans and cut into 2-inch (5 cm) lengths. Stir into stew mixture, adding more stock if necessary, until vegetables are just covered. Cover and simmer for 30 minutes more or until vegetables are tender. Remove bay leaf and stir in parsley. Adjust seasoning with freshly ground pepper to taste.