

## My Family Beef Stew

One cold winter night I decided to make a stew. I looked at several recipes and came as close to the one my mother made.

1 ½ pounds Chuck Roast. You may use round steak.

1 TLB cooking oil

½ large yellow onion, sliced

3 carrots (chopped one inch)

2-3 sprigs celery (chopped one inch)

Bag with ½ cup of flour

3-4 potatoes (Peeled and diced one inch or more)

1 can green beans (drained)

1 bay leaf

½ teaspoon Cumin

Pinch of basil, thyme, ground cloves, coriander.

Cover meat with water and beef broth, bring to boil then simmer.

1 TLB Of Worcestershire sauce (Optional)

Dust meat in seasoned bag of flour, (I will use a little saffron seasoning).

Brown chunks of meat in oil until brown on all sides.

Add seasoning and broth.

Add all vegetables to large pot and bring to boil.

Cover and simmer for 2 hours or add to crock pot for 8 hours.