

My Favorite Beef Stew



Serves 4

1T olive oil		1c green beans, frozen	1T thyme, dried
1 1/2 pounds beef stew meat	2c red wine	1c corn, frozen	2 large potatoes, diced
1c onion, chopped	2 ~ 16oz cans tomatoes, diced, do not drain	1c peas, frozen	1 package onion soup mix
2 large garlic cloves, minced	1c carrot, chopped	1 green bell pepper, chopped	1/4t black pepper
2c beef broth		2T tomato paste	

Heat olive oil in large saucepan over medium~high heat. Add the stew meat, onions and garlic. Cook, stirring, about 10 minutes or until meat is browned.

Stir in all remaining ingredients.
Cover and simmer for 4 hours or until meat is tender.

Prepare Ahead Tip

Make up to 48 hours in advance. Keep covered in refrigerator.