

DUTCH OVEN BEEF STEW

1/2 CUP BUTTER (SALTED)

2-3 LB. MEAT STEW BEEF

5 -6 RED POTATOES WASHED AND CUT

3 STALKS CELERY CUT SMALL

1 MEDIUM ONION, CUT IN 1/2" PIECES.

1 LB. CARROTS (PEEL, CUT IN 1/2" PIECES)

1 14.5 OZ. CAN STEWED TOMATOES NOT ITALIAN

1-14.5 OZ. CAN DICED TOMATOES

3 TBSP. SOY SAUCE

4 TBSP. CORN STARCH

1 CAN WATER

Preheat oven to 350 degrees. In a Dutch oven on medium heat, melt a stick of butter. Add stew meat and turn off heat. Add both cans of tomatoes. Add the potatoes, celery, onion, and carrots.

Fill one of the cans with water minus about 1/2" to top. Add corn starch and beat well with a whisk or fork. Add soy and stir making sure starch is off bottom of can. Pour into the Dutch oven and add a little more water to stew if vegetables are not covered. Put lid on Dutch oven, slide into preheated oven and cook for 3 hours.

Crockpot: Same as above except just add the butter to bottom of crock pot before adding other ingredients. Cook on low for 8 hours. (cheap cuts of meat should cook on low)