

Hardy Tomato Beef Stew

1-2.5-3LB SIRLOIN OR CHUCK ROAST CUBED
1/2 CUP SELF-RISING OR PLAIN FLOUR
1/8 CUP OLIVE OIL
1 LARGE ONION CHOPPED 2 BAY LEAVES
1 28 OZ CAN DICED TOMATOES
1 7 OZ. CAN TOMATO PASTE (OPTIONAL)
1 TSP. PENZEY'S BEEF ROAST SPICE OR USE 1/8
CUP BROWN GRAVY MIX
2 TSP. WEBER STEAK N CHOP (STEAK SEASONING)
4 SHAKES WORCESTERSHIRE SAUCE
3/4 CUP FROZEN OR CANNED GREEN PEAS
1 LB. BAG BABY PEELED CARROTS
3-4 LARGE POTATOES CUBED INTO 1" PIECES
1 CUP FROZEN SHOE PEG CORN
1 PACKET ONION SOUP MIX

Toss beef in flour, brown in Dutch oven on med/high heat with olive oil. Take out beef (set aside) add onion, bay leaves, some of juice from diced tomatoes, Beef Roast spice or gravy mix, Simmer about 4-5 minutes. Add beef, rest of diced tomatoes, steak n chop, Worcestershire and 1 cup water. Put on lowest burner setting (or place in crock pot to prevent sticking to bottom of pot)-simmer 4 hours checking occasionally and stirring to prevent sticking. Add 2 cups of water, peas, carrots, potatoes, corn, soup mix and tomato paste (optional makes it very tomato based. Simmer on med/low heat 2 hours. Serve with cornbread!
ENJOY!