

SAMSSites Recipes

Beef Stew

My own but inspired from mom`s

I grew up having beef stew. Mom made it for my dad. I have taken her recipe and modified it to my taste. I eliminate salt from all my recipes. I believe we need to get back to the real taste of the food and salt stops us. Although I do add crushed red peppers.

- 1/4 cup of corn oil
- 3 pounds of stew beef in 1" x 2" cubes
- 1 cup red wine
- 1 cup of beef broth
- 1/2 onion chopped
- 1/4 green pepper chopped
- 4 carrots sliced
- 2 large potatoes sliced
- 1 can of tomato sauce

Heat corn oil in a large frying pan. I like it very hot. Be careful not to get burned when you put the meat in the pan. Darken the meat to a point that is almost burned. The bottom of the pan will be dark. Turn the burner down very low. Add wine and broth. Add onion and pepper. Cook for about 45 minutes. If necessary add water but add the carrots and potatoes and cook another 45 minutes until soft. Then add the tomato sauce. Serve.

