

All-American Beef Stew

Yields

4 Servings

Prep Time

10 Minutes

Cook Time

3 Hours, 30 Minutes

Total Time

3 Hours, 40 Minutes



INGREDIENTS

- 1 lb lean beef stew meat, cut into 1 inch cubes
- 2 tbsp all-purpose flour
- 2 tbsp canola oil
- 1 cup carrots, sliced
- 1/2 cup celery, sliced
- 3 tbsp Garlic & Herb Seasoning Blend
- 15 oz can low sodium diced tomatoes
- 1 1/2 cup fresh or frozen cut green beans
- 1 1/2 cup red-skinned potatoes (about 5 small potatoes), cubed
- 15 oz can low-sodium beef broth

DIRECTIONS

1. Place a heavy bottom Dutch oven on the stovetop over medium-high heat.
2. Coat meat in flour.
3. Brown meat on all sides, about 10 minutes.
4. Add carrots, celery, Dash™ Garlic & Herb Seasoning Blend, potatoes, green beans, tomatoes, and broth to the Dutch oven and cover with a lid.
5. Reduce the heat to low and simmer for for 3 hours or until tender, watching carefully so as not to let it boil over.
6. Enjoy!!!

Tips

- **Chef's Tip** - This can also be prepared in a slow cooker.