



Century
Federal Credit Union

Recipes for Success

Beef Stew

Jen, Marketing Director

Ingredients

- 1 Tbsp. olive oil
- 1-2 lb. of beef, cubed
- 1/4 cup flour
- 2 medium onions, diced
- 2 celery stalks, diced
- 3 carrots, diced
- 3 medium/large potatoes, diced
- 1 ear of corn, kernels cut off
- 1 cup of green beans, diced
- 1 cup of peas
- Salt & pepper to taste
- 1/2 tsp. garlic powder
- 2 bay leaves
- 3-4 cups beef broth
- 1 tablespoon of Worcestershire



Directions

1. Dredge cubed beef in flour and brown the beef over medium heat.
2. Once beef is seared, add in onion, celery and carrots and sauté for 5-6 minutes.
3. Add in potatoes, corn, green beans, peas, salt, pepper, garlic powder, bay leaves, beef broth and Worcestershire sauce. Bring to boil and then simmer for 20-30 minutes and then serve.