

My Second Harvest Stew

Ingredients

1-1/2 - 2 lb stew meat cut into 1-inch cubes
1 -1/2 quart of water
2 dried bay leaves
1 1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon summer savory
fennel, a pinch
1 teaspoon Italian seasoning
One carton of beef stock
12 -16 baby carrots
1 can of mushrooms, sliced
1 bag unpeeled golden baby potatoes
1 can of stewed tomatoes (if on hand, add one bag of frozen tomatoes as well)
1 -1/2 green bell pepper, cut into bit size chunks
1 cup frozen peas
2 cup frozen broccoli
2 half inch cut-up parsnips
1 butternut squash, cut into bit size chunks
1 1/3 fresh frozen green beans
3 medium stalks celery, cut into 2/4-inch pieces
1 sweet onion, coarsely chopped
1 red onion, coarsely chopped
Do not add corn or flour. The broccoli and butternut squash with break down to make rich thick broth.

Directions

- In 8-quart stockpot, add beef stew meat, bay leaves, water and beef stock.
- Then add in all the other vegetables and seasonings
- Cover; cook until potatoes and carrots are tender, 45 minutes to an hour
- Remove bay leaf.