

# Beef Stew

---

## Ingredients

1 tablespoon oil

1 pound stew beef

1 large onion, cut up

1 quart beef broth or bouillon mixed, or tomato juice

Red wine optional

1 cup tomato sauce/ or diced tomatoes

3-4 potatoes cut into chunks

1 large bag mixed vegetables

1 tablespoon steak seasoning, more or less to your taste.

You can also add any other vegetables you like to this stew, any root vegetable, mushrooms, squash, etc...

## Instructions

Brown the beef, onions using the oil in a sauce pan or stew pot. Deglaze pot with wine or broth, if you use tomato juice deglaze with water.

Add the rest of the ingredients. Cook either on stove in a stew pot or pour ingredients into a crock pot and cook. This freezes well, though you may want to add potatoes before serving after frozen. I sometime will put the frozen stew in a crock pot and add the potatoes and cook this for 4-5 hours on high. The longer this cooks with the tomatoes the more tender your beef will be.