Hearty Beef Stew

Yield: 4 Servings

Ingredients
2 T olive oil
1 onion, diced
16 oz. low-sodium beef broth
12-14 oz. canned peas and carrots mix
1 T Worcestershire sauce
1 lb. stew meat
2 medium-sized potatoes, large diced
Black pepper to taste
2 T flour
2 bay leaves
1 t garlic powder

Directions
1. Place the stew meat in a large mixing bowl. Sprinkle the meat with the flour and garlic powder Gently toss.
2. Add the diced potatoes in a microwave safe bowl along with ¼ cup of the low-sodium beef broth. Cover and microwave for 10 minutes.
3. In a large pot, add the olive oil and heat over medium-high heat. Once the oil reaches temperature, add the onions, and cook for approximately two minutes stirring constantly. Add the stew meat and sear the sides to help lock in the flavor. Add the remaining broth and Worcestershire sauce and bay leaves. Drain the canned vegetables and add to pot.
4. Bring the broth and meat to a low boil for two minutes. Remove the potatoes from the microwave and add the entire contents (including the liquid) to the pot. Turn heat down to medium, and simmer for an additional 10-15 minutes or until the potatoes are fork tender.
5. Season to taste and serve

Variations
Stews are a great way to use fresh vegetables that are near spoiling or few in quantity to make a whole dish. Just clean them, chop them, put in a microwave safe dish, add a little water (1-2 T) and microwave until tender (6-8 minutes). Double the batch and freeze some in individual containers. Consider serving over ½ cup of cooked brown rice or whole wheat egg noodles. Consider having a container in the freezer, where left over scraps of vegetables from previous meals can be added. Once the container is full, thaw it in the microwave and then use this random combination as the vegetables in your stew. Just add the thawed veggies in the same step that you add the broth. You never know, this may end up being the best stew and you cut down on food waste.