



Old-Fashioned Beef Stew

Ingredients

- 1 lb beef meat cut into cubes
- 1/4 c flour
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 c red wine
- 3 1/2 c beef broth
- 2 bay leaves
- 1 onion diced
- 3-5 carrots cut
- 2-3 large potatoes cut
- 2 stalks celery cut
- 2 tsp salt
- 1/4 tsp pepper
- 1 tsp dried oregano
- 1 tbsp fresh parsley



Directions

1. Toss the beef in flour to coat well.
2. Heat the oil in a large pot. Add the beef. Cook, turning the pieces until beef is browned on all sides.
3. Remove the beef from the pot and add the vinegar and wine. Cook over medium heat, scraping the pan with a wooden spoon to loosen any browned bits.
4. Add the beef, beef broth, and bay leaves. Bring to a boil, then reduce to a slow simmer. Cover and simmer for 1 hour, until the beef is tender.
5. Add the onions, carrots, celery, potatoes, oregano, salt and pepper. Cover and simmer for 40 minutes until the vegetables are tender.
6. When serving top with fresh parsley.