

Dutch Oven Beef Stew

4 Lbs. Lean Beef, cubed
4 Tbsp. Oil
2 Cloves Garlic, minced or chopped
2 cups low sodium beef broth
2 cups low sodium chicken broth
2 Large Cans Tomatoes
2 Thin Slices Lemon
4 Medium Onions, sliced
2 Tbsp. Salt
½ Tsp. Pepper
4 Tbsp. Sugar
12 Medium Carrots, peeled and cut into 1" pieces
9 - 10 Medium Potatoes, quartered
Dash Cloves (or cinnamon)
½ Tsp. Dried Basil Leaves
1 small package frozen peas

Directions:

1. In a large (10-12") Dutch Oven, brown beef well in oil, then mix in garlic.
2. Add the broths, tomatoes, lemon, onions, salt, pepper and sugar. Mix well.
3. Simmer 1 hour, stirring occasionally.
4. Add the potatoes and cook another hour.
5. Add carrots, cloves (or cinnamon) and dried basil leaves.
6. Re-cover and cook until vegetables are tender. Add frozen peas and heat. If necessary, to thicken gravy, thicken with flour, dissolved in water. Serve hot.