

Beef Stew

Ingredients

- 2 lbs cubed beef
- 2 tbl oil
- 2 cups water
- 1 cup red wine
- 1 tbl Worcestershire sauce
- 1 clove garlic, peeled
- 1 bay leaf
- 1 medium onion, diced
- 1 tsp salt
- 1 tsp sugar
- ½ tsp pepper
- ½ tsp paprika
- 1 cup mushrooms
- 3 sliced large carrots
- 3 chopped stalks celery
- 2 turnips, peeled and chopped
- 1 rutabaga, peeled and chopped
- 2 tbl cornstarch

Directions

- Brown meat in oil. Add water, wine, Worcestershire sauce, garlic, bay leaf, onion, salt, sugar, pepper and paprika. Cover and simmer for 1 ½ hours.
- Remove bay leaf and garlic clove. Add mushrooms, carrots, celery, turnips and rutabaga. Cover and cook 1 hour minutes longer.
- To thicken gravy, make slurry of cornstarch and ¼ cup water and add to stew. Stir and cook until boiling, then lower heat and simmer.