

Camine's Traditional Vegetable Beef Stew

October 1996, by Camine Pappas

Serves 8

INGREDIENTS:

1.5 lbs 1 inch cubed stew meat
4 cloves of garlic chopped
1 large russet potato, unpeeled, diced
½ large yellow onion diced
4 medium carrots diced
2 stalks of celery diced
10 button mushrooms sliced
1 can white bean with liquid
1 small can tomato paste
1 ½ t of your favorite multi-purpose seasoning. I use Santa Maria Seasoning
Dash cayenne pepper
Salt and pepper to taste
3 beef bouillon cubes dissolved in 4 C boiling water
2 C water

DIRECTIONS:

PRESSURE COOKER: Add meat and garlic cloves and 1 t of Santa Maria Seasoning and cook on high for 14 minutes.

SLOW COOKER: Add meat and garlic cloves and 1 t of Santa Maria Seasoning and cook on high for 7 hours.

Then in a large stew pot, with the meat mixture in it, add the diced vegetables, beans, tomato paste, and cayenne, salt and pepper, the 4 C of boiling water with the 3 bouillon cubes dissolved, another 2 cups of water.

Let simmer all together for about 45 minutes. Serve.

©Photo and Recipes Copyright, Camine Pappas, 2015