

Beef Stew, Old-Fashioned

Taste of Home

Servings: 8

2 pounds Boneless chuck roast or stew beef, cut into 1/2-inch cubes
1 tablespoon cooking oil
1 large onion, chopped
4 cups water
1 teaspoon seasoned salt
1/2 teaspoon pepper
3 teaspoons salt
6 medium potatoes, peeled and cut into 1/2-in cubes
5 medium carrots, cut into 1/4-in slices
1 medium rutabaga, peeled and cut into 1/2-in cubes
1 cup celery, sliced into 1/2-in pieces
1/2 medium head cabbage, finely sliced
1/3 cup all-purpose flour
1 cup cold water
2 teaspoons browning sauce

In a Dutch oven over medium-high heat, brown meat in oil. Add onion, water, seasoned salt, pepper and salt; bring to a boil. Reduce heat; cover and simmer for two hours.

Add vegetables; cover and simmer for thirty minutes or until meat and vegetables are tender.

Combine flour, browning sauce and cold water. Stir into stew; bring to a boil, stirring constantly. Boil for one minute.

If dumplings are to be made, drop dumpling mix into boiling stew; reduce heat to simmer and cook covered without lifting lid for an additional fifteen to twenty minutes.

Per Serving (excluding unknown items): 140 Calories; 2g Fat (12.5% calories from fat); 3g Protein; 28g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1019mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.