

Beef Stew

Ingredients

- 1 lb. lean beef, cubed
- 2 tbsp. Worcestershire sauce
- 1/2 tsp. salt
- 1/4 tsp. oregano
- 1/8 tsp. allspice
- 1 beef bouillon cube
- 2 c. boiling water
- 1 c. canned tomatoes
- 4 med. potatoes, cubed
- 3 med. carrots, sliced
- 3 sm. onions, quartered
- 1 (10 oz.) pkg. frozen peas

Directions

Marinate beef in Worcestershire sauce for several hours. Brown beef cubes in non-stick skillet. Add salt, oregano, and allspice. Dissolve bouillon cube in boiling water; pour over beef. Add tomatoes and simmer over low heat for 1 1/2 to 2 hours or until meat is tender. Add potatoes, carrots, and onions; continue to cook for 30 minutes. Add peas; cook 15 minutes longer or until meat and vegetables are tender.

6 servings: Amount 1 cup each serving.

Cooking Time

45 Minutes