Seasonal Eating



Beef Stew

1 1/2 pounds beef stew meat

2 tablespoons vegetable oil

2 (10-ounce) cans beef broth

1 onion, cut into chunks

2 teaspoons thyme

2 bay leaves

1/4 teaspoon black pepper

1/2 teaspoon salt

15 snack size carrots

4 stalks celery, cut into chunks

2 potatoes, peeled and cut into chunks

6 tablespoons flour

1 cup biscuit mix

1/3 cup milk

In a large Dutch oven, brown the beef in the oil. Add beef broth and 2 cans full of water. Season with thyme, bay leaves, pepper and salt. Cover and simmer for 1 1/2 hours. Add carrots and celery and simmer for 15 minutes. Add potatoes and simmer about 20 more minutes. Shake together the flour and about 3/4 cup water. Stir flour mixture into stew and bring to boil. Mix together biscuit mix and milk and drop 4 spoonfuls onto the top of the boiling stew. Reduce to a simmer and cook uncovered for 10 minutes. Cover and simmer for 10 more minutes.