



JUST ENOUGH OVEN STEW



Beef stew was never easier to make using Just Enough stew cut vegetables! This beef stew creates a rich, savory brown gravy that you will want to pour all over your rice. Simply add all of the ingredients to a dutch oven, set temperature and in 2 1/2 hours you are ready to eat. This is a one-pot, no-fuss meal!

Ingredients:

2-3 lbs. stew meat, cubed into 1" pieces
1 can beef broth
2 packages Taro Brand Just Enough onions, stew cut
2 packages Taro Brand Just Enough celery, stew cut
2-3 packages Taro Brand just Enough carrots, stew cut
2-3 russet potatoes or cooked taro, cut into 2" cubes
2 cans cream of mushroom soup
2 cans cream of celery soup
2 packets dry onion soup mix
1 lb. Taro Brand Poi (for thickening), optional

Directions:

Set oven to 350 degrees. In a dutch oven or ceramic pot (do not use metal or reflective pot) add stew meat, onions, celery and beef broth. Put lid on dutch oven and cook meat for 1 hour. Remove dutch oven from oven using mitts and add remaining vegetables, cream of mushroom soup, cream of celery soup and onion soup mix to dutch oven. Reduce heat to 300 degrees, put dutch oven back into oven and cook for another 90 minutes. Remove dutch oven and test potatoes or taro to ensure that they are cooked by poking a fork or knife into the potato. It should pierce the potato easily. If you like your stew nice and thick, you can thicken it with Taro Brand poi by stirring the poi into the stew as soon as you pull it out of the oven.