



## Beef Stew

This gluten-free version of classic beef stew is easy to make and sure to satisfy the heartiest eaters. Serve it with gluten-free cornbread, or bacon and cheese cornbread for extra smiles.

### Ingredients:

2 pounds of beef stew meat, trimmed and cubed  
2 sweet yellow onions chopped into large pieces  
3-4 new/red potatoes  
3 large carrots  
2 celery stalks  
8 cloves of garlic, chopped  
1 tablespoon olive oil  
1 large can diced tomatoes  
¼ cup of fresh thyme, chopped or 2 T dried thyme  
1 bay leaf  
10 cups of beef or chicken stock  
½ teaspoon salt to taste  
½ teaspoon black pepper to taste

### Directions:

- Add half of the olive oil to large stock pot on medium heat and brown stew meat evenly on all sides.
- Remove meat and add the rest of the oil and the onions to the pot. Cook onions until clear.
- Add garlic and dried thyme (if using) and cook another 30 seconds or so, stirring to avoid burning the garlic.
- Add tomatoes, remaining seasonings, stew meat, and stock. Cover and cook on low for at least 3 hours. At that point, add the vegetables to the stew and add more beef broth if low.
- Taste and season as desired. Cover and cook on low until vegetables are tender, about 1½ - 2 hours more.