

CLASSIC MEAT & POTATO STEW

Submitted by Jenn Carson

A hearty, homemade stew filled with tender, slow-simmered meat, potatoes, and vegetables in a rich, comforting broth. A simple, satisfying meal perfect for sharing with family.

Ingredients

- 2–3 lbs. roast or meat of your choice
- 2 bags frozen vegetables of your choice
- 6 medium potatoes, peeled and cubed
- 6–8 cups water
- Cooking oil, for browning the meat
- Flour, for coating the meat

Instructions

1. Cut the meat into bite-sized cubes and coat each piece with flour.
2. Heat cooking oil in a skillet over medium-high heat.
3. Add the floured meat to the skillet and brown on all sides.
4. In a large pot, bring 6–8 cups of water to a boil.
5. Carefully add the browned meat to the boiling water.
6. Reduce the heat to low and simmer for 90 minutes.
7. While the meat simmers, peel and cut the potatoes into cubes.
8. Add the potatoes and frozen vegetables to the pot.
9. Continue simmering for 30–45 minutes, or until the potatoes are tender and the meat is cooked through.