



Ingredients:

4 pounds beef stew meat

6 stalks celery

2 large onions

6 quarts no sodium beef stock

4 28-ounce cans no salt added dice tomatoes
with juice

2 6oz. cans low sodium tomato paste

3 pounds red new potatoes

2 12-ounce bags frozen vegetables:

Baby lima beans

Sliced carrots

Cut green beans

Sweet yellow corn

2 to 4 bay leaves

Salt

Pepper

3 tablespoons olive oil

What To Do:

Roughly chop the celery, onions and potatoes.

In a very large stock pot, brown the stew meat in enough olive oil to cover the bottom. Add celery and onions, season to taste with the salt and pepper. When the celery and onions are soft, add all the other ingredients and bring to a boil. Reduce the heat and simmer on medium for about six to eight hours, until meat and potatoes are both tender.