

Beef Stew

Ingredients:

About 2 lbs beef for stew
olive oil (several tablespoons)
1 large onion
4-6 cloves garlic
water
1 can tomato soup
2 small 8 oz cans tomato sauce (with spices included)
several carrots (about 5)
several celery sticks (about 5)
some small potatoes (10-15), or large potatoes (about 5) cut into big pieces
salt
pepper
garlic powder
cinnamon (don't leave this out!)



Directions:

1. Cut up pieces of stew beef into smaller, bit-sized chunks, if necessary.
 2. Put olive oil in bottom of large pot; add beef, chopped onion (not too fine), and minced garlic cloves. Cook until browned. This will be after all the liquid from the meat has been released, then has evaporated.
 3. Add boiled water to the pot. Add enough to fully cover the meat, plus the vegetables you will be adding later. Empty the cans of tomato soup and tomato sauce into the pot, as well. Allow the pot to come to boiling, then lower to a simmer while you prepare the vegetables.
 4. Slice the carrots and celery sticks. Add these to the pot. If using small potatoes, add these next. If using large potatoes, cut these into large chunks before adding to the pot. Allow everything to cook until vegetables are tender.
 5. Sprinkle salt, pepper, garlic powder, and cinnamon into the pot. Adjust flavors to taste. Enjoy!
- Note: This stew can be accompanied with cornbread, corn muffins, corn pudding, or corn tortillas.