

HARVEST OF THE MONTH

Beef and Cabbage Stew



Week 1, Friday Lunch, (1/25/12)

Substitute for Beef Tips with Mushroom Gravy

Serving Size: 2 cups

Recipe inspired by AllRecipes

Ingredients:

3 lbs. beef stew meat, diced into chunks

2 tsp beef soup base

4 cups water

2 large onion, chopped

8 cups cabbage, shredded

4 potatoes, peeled

4 celery ribs

2 carrots, sliced

½ tsp black pepper

2 bay leaf

½ tsp salt

Preparation:

1. Cook beef stew meat in a large saucepan over medium heat until browned on all sides and cooked through, 10-15 minutes. Drain any excess grease. Put in crock pot.
2. Add onion, potatoes, cabbage, celery, and carrots. Add 4 cups water and 2 tsp beef soup base. Add pepper, salt, bay leaf, and tomato sauce. Cook for 5 hours on low.