Beef Stew

Ingredients

- 2 pounds beef stew meat, cut into 1-inch pieces
- 1 tablespoon vegetable oil
- 5 cups water
- 4 celery ribs, chopped
- 4 medium carrots, chopped
- 1 large onion, chopped
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 2 tablespoons tomato paste
- 4 teaspoons beef bouillon granules
- 1 tsp each dried oregano, thyme, basil and parsley flakes
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 cup quick-cooking barley

Instructions

1. In a Dutch oven, brown meat in oil on all sides; drain.
2. Add the water, celery, carrots, onion, tomatoes, tomato paste, bouillon and seasonings.
3. Bring to a boil. Reduce heat; cover and simmer for 50 minutes.
4. Stir in barley; cover and simmer 10-15 minutes longer or until barley is tender.

Yield: 8 servings (about 2 quarts).

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