

Beef Stew

1 ½ pound beef round chunks
2 cloves garlic, peeled, halved
5 carrots, peeled, cut in 1 inch rounds
5 white potatoes, peeled, cut in eighths
3 medium onions, peeled, cut in quarters
1 can peas
2 tablespoons olive oil
Salt/pepper/on bay leaf to taste

In a 6 quart pot brown garlic in oil; turn heat to medium high and add beef chunks.
Brown on all sides, turning every two minutes
Add onions for 3-4 minutes, stir to prevent burning.
Reduce heat and spread meat and onions across the bottom of the pot
Add layer of carrot, then add potatoes to top
Add bay if leave wish
Cover and let simmer for 1 ½ hours, stirring occasionally – until potatoes are cooked through, meat will be tender.
When cooked, add can of peas, stir and serve