



Southern Style Beef Stew

Oscar · 28/09/2024



Prep Time

1 hr 40 mins

Difficult

Medium

Servings

10

Description

My motherinlaw makes this Southernstyle beef stew and she is from Alabama as Southern as you can get Do not use generic tomatoes they make this bland I use an armshoulder roast and cut it up because some beef stew meat is too tough You can also make this with turtle meat and call it turtle stewthats what we do You can adjust the ingredients according to your taste We love to eat this with buttered bread

Ingredients

- - 1 tablespoon unsalted butter - 1 ½ pounds beef stew meat
- cut into 1/2-inch pieces - 3 (14.5 ounce) cans stewed
- diced tomatoes - 1 (10 ounce) can diced tomatoes and green chiles - 1 (10 ounce) package frozen cut okra
- 1 (10 ounce) package frozen baby lima beans - 1 (10 ounce) package frozen corn kernels - 4 medium potatoes
- peeled and diced

Instructions

1. Melt butter in a Dutch oven over medium-high heat. Add beef; quickly brown on all sides. Add stewed tomatoes
2. tomatoes with chiles
3. okra
4. lima beans
5. and corn; bring to a boil
6. then reduce heat to medium. Simmer 1 hour. Add potatoes; simmer until beef is very tender
7. about 30 minutes more. Note If you can find a frozen vegetable Gumbo mix
8. you may substitute that for the vegetables.