

Rocky Mountain Stew

Oscar · 28/09/2024

**Prep Time**

3 hrs 15 mins

Difficult

Medium

Servings

10

Description

This stew has vegetables and beef in a wonderful brown gravy It is a great meal for a chilly autumn night

Ingredients

- - 2 tablespoons vegetable oil - 2 pounds sirloin tips
- cubed - 4.3299999237061 cups water
- divided - 1 tablespoon salt - 1 teaspoon lemon juice - $\frac{1}{4}$ teaspoon paprika - 1 clove garlic
- crushed - 1 teaspoon white sugar - 1 teaspoon Worcestershire sauce - 1 bay leaf - 4 potatoes
- quartered - 6 carrots
- cut into 2 inch pieces - 1 (14.5 ounce) can tiny whole onions - $\frac{1}{4}$ cup all-purpose flour - $\frac{1}{2}$ (10 ounce) package frozen green peas
- thawed

Instructions

1. In a large pot over medium heat
2. cook sirloin in oil until quite brown. Pour 1 cup of water over the meat and drippings and cook
3. stirring
4. 2 minutes
5. until a dark gravy forms. Stir in 3 cups water with the salt
6. lemon juice
7. paprika
8. garlic
9. sugar
10. Worcestershire and bay leaf. Cover
11. reduce heat and simmer 2 1/2 hours. Stir potatoes and carrots into simmering stew and cook until tender
12. 20 minutes. Stir in onions. In a small bowl
13. combine flour with remaining 1/3 cup water. Stir flour mixture into stew and cook until stew thickens. Top with peas just before serving.