

# Beef or Venison Stew

**Cook Time:** 3 hours

**Serves:** 4-6 people

## INGREDIENTS:

2-4 LBS Stew meat  
(or any meat cut into 1-2" cubes)  
1/2 c Flour  
4-5 Carrots (peeled and sliced)  
4-5 Celery stalks (sliced)  
1 Large yellow onion  
5 Cloves of garlic (chopped)  
1 bag Frozen peas  
1 bag Frozen pearl onions  
2 Turnips (peeled & chopped)  
3-4 Bay Leaves  
2-3 Tbs Tomato Paste  
1 Tbs Cocoa Powder  
2 Beef Broth Cartons  
Parsley (dried is fine)  
Salt & pepper  
Olive oil  
Worcestershire sauce (a decent amount)



## DIRECTIONS:

1. Place the flour & salt and pepper in a gallon zip lock. Put meat chunks in and toss until well coated. Heat olive oil in pan until hot. Add the meat and brown on all sides.
2. Add the onions, celery, carrots, turnips and garlic, and a little more oil (if needed). Cook until the onions start to soften.
3. Add the tomato paste, Worcestershire, and parsley. Stir well.
4. Add the broth slowly. Cook on low, stirring often for a couple of hours (or pour into a crockpot on high for 5-6 hours).
5. About an hour before you want to eat, add the peas and onions, and cocoa powder. If you want it thicker, you can add a small (tablespoon?) amount of flour or cornstarch. Then, when the onions and meat are tender, it's ready.

*Flay* **CHIX**  
Feed like a BOSS.