



TOTAL TIME

35 minutes

PREP TIME

15 minutes

COOK TIME

20 minutes

SERVES

10

COOKING

LEVEL

Easy

RECIPE | TOMATOES

VEGETABLE BEEF STEW WITH CHERRY TOMATOES-ON-THE-VINE

Recipe created by Mary Harp, Healthy Christian Home



INGREDIENTS

12 oz Pure Flavor® RedRoyals Cherry Tomatoes on-the-Vine
1 ½ lbs beef stew meat
2 tbsp ghee or high heat oil, divided
Salt and pepper, to taste
1 large onion, chopped
3 medium carrots, peeled and chopped
4 cloves garlic, minced or pressed
6 cups low-sodium beef broth or chicken broth
1 can (14 oz) diced tomatoes with Italian seasonings (or plain)
2 tsp dried basil
1 tsp dried oregano
1 tbsp Worcestershire sauce
1 lb potatoes, chopped into ¾-inch cubes
1 bag frozen mixed vegetables

DIRECTIONS

1. Heat 1 tbsp high heat oil in a large pot over medium-high heat.
2. Add beef stew meat and sauté about 4 minutes, until starting to brown. Remove from pot and set aside.
3. Add an additional 1 tbsp oil to pot. Sauté onions, carrots, and celery for 3 minutes, then add garlic and sauté for an additional minute.
4. To pot, add in broth, tomatoes, stew meat, Worcestershire sauce, herbs/spices, and salt & pepper. Bring to a boil then reduce heat to low. Cover pot with lid and simmer for 30 minutes, checking to stir.
5. Add potatoes and continue to simmer, covered, for 20 minutes until soft.
6. Stir in mixed frozen vegetables and cherry on-the-vine tomatoes. Simmer until heated through, about 5 minutes. Sprinkle with chopped fresh parsley and shredded cheese, if desired.

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