



# ON THE RANGE BEEF STEW

**Prep:** 15min | **Yields:** 4-6 Servings

## INGREDIENTS

- 2 pounds lean beef chuck roast, stew meat, or venison, cubed
- ½ cup marinade
- 1/8 cup olive oil
- ¼ cup Shawnee Best all-purpose flour
- 1/3 cup all-purpose seasoning
- 5-6 cup beef broth
- 3 medium white onions, cubed
- 3 large carrots, peeled and sliced
- 6 medium red potatoes peeled (optional) and cubed
- 3 stalks celery, sliced
- ¼ cup fresh cilantro, chopped
- 1 (14.5 ounce) can cut green beans, undrained
- 1 (15.25 ounce) can corn, undrained
- 1 (4 ounce) can green chilies, diced

## DIRECTIONS

1. Combing meat and marinade in bowl or zip-type bag. Marinate in refrigerator for 30 minutes.
2. Remove meat from marinade. Sea meat on both sides in large skillet over medium heat for seven minutes. Remove meat and set aside.
3. Heat oil, add flour and cook until flour is medium brown. Add seasoning and stir well. Add beef broth and continue to stir so flour does not clump.
4. Return meat to kettle; add onions, carrots, potatoes, celery and cilantro. Cook until vegetables are tender.
5. Add green beans, corn and chilies.
6. Cover and simmer for 1-1 ½ hours or until meat is tender; stirring occasionally. If stew is too thick, add additional water.