

Beef and Vegetable Stew

Ingredients:

- 2 lb. Harris Ranch boneless beef round
- 1 can (28 ounces) Italian-style tomatoes
- 1 can (14 1/2 ounces) beef broth
- 1 onion, sliced
- 3 sprigs parsley
- 1 clove garlic, chopped
- 1/2 tsp. each thyme leaves and salt
- 1/4 tsp. pepper
- 3 carrots, sliced
- 1 lb. broccoli, cut into flowerettes

Preparation:

Cut beef into 1-inch cubes. Heat tomatoes and beef broth in Dutch oven to boiling. Add beef and remaining ingredients except carrots and broccoli.

Heat to boiling; reduce heat and cover. Simmer until beef is tender, about 1 1/2 hours. Add more water if necessary during cooking. Stir in carrots; simmer 7 minutes. Add broccoli; simmer 5 minutes or until crisp-tender. Serves 8.