

Recipes are from my new cookbook, [From Halibut to Jalapeños](#). Enjoy!

Annie Unrein • www.byannie.com/cookbooks.html

To order, contact Annie at 435-674-9816
or by email at annieu@infowest.com.

beef stew

— serves 6 to 8

The secret to Jan's thick, flavorful stew is making a gravy from the pan drippings before you cook the stew. If you don't have a crock pot, just combine ingredients as indicated in a heavy Dutch oven and cook on the stove top.

**2 lb. boneless stew meat, cut in
bite-size cubes** **1 tsp. dried thyme leaves**
1 or 2 beef bouillon cubes
**¾ c. flour, seasoned with salt
and pepper** **1 med. onion, cut in wedges**
¼ to ½ c. olive oil **5 or 6 carrots, cut in 1-in. pc.**
2 or 3 cloves garlic, minced **5 potatoes, cut in 1-in. pc.**
4 cups water **1 (15-oz.) can green beans,
undrained**

Dredge meat in seasoned flour; shake off excess. In large skillet, heat ¼ c. oil and garlic over medium-high heat. Add beef; cook and stir until browned. Using slotted spoon, move meat to crock pot set at about 325°. Measure drippings in pan, adding additional oil if needed to measure ½ cup. Blend in ½ cup of remaining seasoned flour, adding more flour if needed. Stir over low heat until smooth and bubbly. Gradually stir in water, thyme and beef bouillon bring to boil, stirring constantly. Boil and stir 1 minute. Pour gravy over meat; top with onions, carrots and potatoes. Cover and simmer until meat is tender, about 3 to 4 hours. About 30 minutes before serving, add green beans with juice.