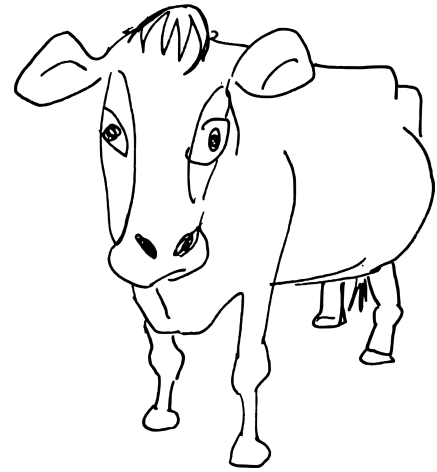

Beef Stew

Classic vegetable beef stew reminiscent of borscht. You could add beets; then it would be borscht. Cooks all day.

By Rebecca Brown



Simmer Together	2-3 inches of water 2/3 - 1 lb beef 1 - 2 beef marrow bone chunk 1 1/2 tablespoons kosher salt 1/4 cup vinegar 1 tablespoon Worcestershire sauce 2 teaspoons dill Pepper	In a 6 qt (or more) sauce pot bring these up to a boil and then simmer most of the day with the lid on. I like to get this started by 10am. As it is starting to heat up I like to set a timer every 10 minutes to check on it and adjust the temperature. I used lots of cuts of beef, but I never use ground beef. I go to a local butcher for the marrow bones.
Scoop Out	bones and other non-meat parts	About an hour and a half before you want to eat. I use a skimmer to discard all the bits we don't want to eat.
Shred	beef	Your meat should be falling apart, but give it a little nudge and make sure it is shredded.
Dump In	16 oz sauerkraut 32 oz canned stewed tomatoes 2 celery ribs chopped 1 small onion diced 2-3 carrots peeled and cut in coins 2-3 potatoes peeled and diced 1 bell pepper cut in strips 4 cloves garlic minced or pressed	
Simmer	1 hour	This is a good time to clean up the kitchen or zone out in the living room.
Serve	dollop of sour cream	Dual purpose: delicious and cools the stew.
Store	Refrigerator	I love this stew heated up for leftover lunches.
