

# Polenta Beef Stew

## Stew:

**1 lb beef chuck, or lean stew meat**

**1/2 tsp. salt**

**1/2 tsp black pepper**

**2 tsp dried minced garlic, or 2 tsp garlic powder, or 4 cloves fresh garlic minced**

**1 tsp thyme**

**1 tsp basil**

**1/4 tsp crushed rosemary**

**1/2 cup chopped onion [or 1 medium onion chopped]**

**\*\*add all to large pot and cover with 3 cups of beef broth [water and 3 cubes of beef boullion]**

**Cover and let simmer for 30-45 minutes\*\***

While simmering, cut up 3 medium potatoes and one large baking potato [or 2 small-medium regular potatoes]  
Stir beef occasionally.

At least 30 minutes into beef simmering time add veggies, continue simmering , covered, for 30 minutes more.

At end of veggie cook time add **1/4 cup Tomato paste** and **1 tbsp of dried parsley**. Cook maybe 5 minutes more.

Polenta: **\*\*Takes less than 5 minutes\*\***

heat: 3/4 cup water , 1.5 cups milk, 1 tsp salt --3 minutes

**\*\*When heated pour into small sauce pan on stove on med-hi , add 1/2 cup corn meal** and stir until thick like cream of wheat. Remove from heat and serve along side of stew in bowl--mix together as you like.

Serves 4

*Very hearty and full of robust flavor*