**Vegetable Beef Stew (With Knife Cuts)**

Ingredients:

2 Tablespoons olive oil

½ lb stew meat, cut into 1 inch cubes

½ white onion, SMALL DICE

2 garlic cloves, MINCED

2 carrots, RONDELLE

2 celery stalks, SMALL DICE

3 potatoes, MEDIUM DICE

4 cups beef stock

1 bay leaf

½ can diced tomatoes, with juices

1 teaspoon Worcestershire sauce

1 teaspoon Italian Seasoning

½ teaspoon salt

¼ teaspoon black pepper

Directions:

1. In a large stockpot, heat 1 Tablespoon of oil over medium heat.
2. Cook steak until browned. Remove with a slotted spoon and then transfer to a place.
3. Reduce heat to medium low and add remaining oil to pan. Add the onion and cook, stirring occasionally for 4 minutes. Add the garlic, carrots, celery, and potatoes, sautéing for another 3 minutes.
4. Add the remaining ingredients along with the cooked steak.
5. Bring to a boil, stirring occasionally. Reduce the heat to medium-low, cover and simmer for 20 minutes or until vegetables are tender.
6. Season with additional salt and pepper if needed. Remove bay leaf before serving.