

Beef Stew

- 1 to 2 lb. Stewing Beef
- 2 T. Extra Virgin Light Olive Oil
- 2 C. Boiling Water
- 1 t. Garlic Salt
- 1 t. Onion Powder or 1 small onion
- ½ t. Salt
- 1 t. Black Pepper
- 1 t. Emeril Lagasse's Original Essence
- 2 Cubes Beef Bullion

Sear stewing beef in hot olive oil then place in a deep cooking pan. Unwrap the 2 cubes of beef bullion and put into 2 cups boiling water and let dissolve. Pour over the beef. Sprinkle garlic salt, salt, black pepper and Emeril Lagasse's Original Essence Seasoning over the roast, covering every part. Let cook at a simmer for several three to four hours, occasionally adding water if the necessity arises.

Variation:

I like to add a couple of packets of brown gravy mix and let it simmer in that.

Great to serve with:

Crisp cucumbers and tomatoes marinated in Italian salad dressing
Homemade Bread

Happy Eating.

