

Pumpkin Stew



PREP TIME 10 Min

COOK TIME 2 Hrs

READY IN 2 Hrs 10 Min

SERVINGS - 9

INGREDIENTS

- * 1/2 cup all-purpose flour
- * 1/2 teaspoon salt
- * 1/2 teaspoon pepper
- * 2 pounds beef stew meat, cut into 1 inch cubes
- * 2 tablespoons vegetable oil
- * 2 tablespoons butter or margarine
- * 1 large onion, chopped
- * 2 cloves garlic cloves, minced
- * 3 medium carrots, thinly sliced
- * 2 celery ribs, thinly sliced
- * 4 cups water
- * 1 bay leaf
- * 1 teaspoon beef bouillon granules
- * 1 teaspoon dried thyme
- * 3 cups peeled, cubed pumpkin

DIRECTIONS

1. In a large resealable plastic bag, combine the flour, salt and 1/4 teaspoon pepper. Add meat, a few pieces at a time, and shake to coat. In a Dutch oven, brown meat in oil and butter. Add onion and garlic; cook and stir for 2-3 minutes. Stir in the carrots, celery, water, bay leaves, bouillon, thyme and remaining pepper. Bring to a boil. Reduce heat; cover and simmer for 1-1/4 hours.

2. Stir in pumpkin. Return to a boil. Reduce heat; cover and simmer for 20-25 minutes or until meat and pumpkin are tender. Discard bay leaves.

Find More Tasty Recipes at Tasty Cook Recipes – <http://www.tastycookrecipes.com>