

Dutch Oven Beef Stew

Ingredients

- 1 **tablespoon** vegetable oil
- 2 **lbs.** boneless beef chuck roast, trimmed, and cut into bite-sized pieces
- 8 **ounces** kielbasa, sliced in half lengthwise then sliced into bite-sized half circles
- 2 onions, coarsely chopped
- 1/2 **teaspoon** garlic salt
- freshly ground black pepper, to taste
- 1 **cup** dry red wine
- 1 (10 ounce) can condensed cream of mushroom soup
- 1 (10 ounce) can condensed cream of celery soup
- 1 (8 ounce) can diced stewed tomatoes
- 5 medium potatoes, peeled and cut into bite-sized cubes
- 2 **cups** carrots sliced into bite-sized rounds
- 1/2 **cup** barbecue sauce
- 1 **cup** frozen green peas
- 1 (8 ounce) can lima beans, drained

Method

Pre-heat oven to 300 F. In a large Dutch oven with ovenproof handles, heat the vegetable oil over medium-high heat. Add beef to the Dutch oven and brown well, stirring often. If your Dutch oven is rather small, do this in batches rather than trying to brown all the beef at once. Return all beef to the Dutch oven, add onion and kielbasa. Saute until onion is translucent, stirring often. Stir in garlic salt and pepper. Add red wine and stir to loosen browned bits. Stir in both canned soups, tomatoes with their juice, potatoes, carrots and barbecue sauce. Stir well, cover and bake in oven for at least 3 hours. Before serving, remove the Dutch oven and place it on the stove over medium-high heat. Reduce, stirring often, until sauce thickens to desired consistency. Add green peas and lima beans and stir until heated through.

Source: -- (10 servings)
