

# Foster's Body & Paint

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## Southwestern-Style Beef Stew

### Ingredients:

- \*1/4 cup all purpose flour
- \*1 tsp seasoned salt
- \*1/4 tsp ground black pepper
- \*2 lbs beef stew meat, cut into bite size pieces
- \*2 tbsp vegetable oil
- \*1 large onion, cut into wedges
- \*2 large cloves garlic, finely chopped
- \*1 ¾ cups stewed tomatoes, undrained
- \*1 ¾ cups garden style salsa, mild
- \*1 cup beef broth
- \*1 tbsp ground oregano
- \*1 tsp ground cumin
- \*1/2 tsp salt
- \*3 large carrots, peeled, cut into 1 inch slices
- \*1 ¾ cups garbanzo beans, drained
- \*1 cup baby corn, drained, halved



### Preparations:

- 1.) Combine flour, salt and pepper in medium bowl or large resealable plastic food-storage bag. Add meat; toss well to coat.
- 2.) Heat oil in large saucepan over medium-high heat. Add meat, onion and garlic; cook for 5 to 6 minutes or until meat is browned on outside and onion is tender. Stir in tomatoes with juice, salsa, broth, oregano, cumin and salt. Bring to a boil; cover. Reduce heat to low; cook, stirring occasionally, for 45 minutes or until meat is tender.
- 3.) Stir in carrots, beans and baby corn. Increase heat to medium-low. Cook, stirring occasionally for 30 to 40 minutes or until carrots are tender.