One of my favorite things to eat during the winter months is my moms beef stew. I have change the recipe some over the years so I'm giving you my version (although my moms is still the best).

Stew Ingredients

1 1/2 to 2 lbs of stew meat, or any other inexpensive cut that you can find.

1 medium onion

2 celery stocks

1 or 2 cloves of garlic

1 1/2 bell pepper, I like red for the colour

1/2 tsp thyme

1/4 tsp rosemary

Salt and pepper to taste. Keep in mind that there is salt in the beef base.

Swiss Knorr beef base

1 cup dry white wine. Something good because your drinking the rest.

1 tsp tomato paste

5 or 6 carrots

1 small turnip

1/4 olive oil

2 tbsp flour

Doughboy Ingredients

1 cup flour

2 tsp baking powder

1/2 tsp salt

1/2 cup milk

1/4 veg. or canola oil

Cooking Instructions

Preheat a cast iron or oven safe pot and add 1 tbsp of olive oil, brown stew meat on all sides. Remove meat and saute onions, celery, garlic and peppers. Remove from heat and stir in 2 tbsp of flour. Return to heat and deglaze with white wine, add meat back into pot top with 2-3 cups beef stock, thyme and rosemary. Put in 325-350 degree oven for 1 1/2 hours. Add carrots and turnip and return to oven for another hour.

Doughboy Instructions

Mix dry ingredients, add milk and oil. Spoon mixture over stew that has just been taken out of oven. Cover and return to oven for 20-30 minutes. Do not remove lid for at least 20 minutes.