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Ten Minute Beef Stew

Ten minutes and a can of local Indiana beef is all you'll need to get this yummy comforting beef stew on the table. It's perfect for those busy weeknights.

1 tablespoon olive oil
One large yellow or white onion, halved and thinly sliced
2 cups canned carrots with juices (prefer homemade)
1 large can of canned local Indiana beef with juices
1/2 teaspoon each dried rosemary and thyme or 1 tablespoon each if herbs are fresh, finely crumbled or chopped
one tablespoon all purpose flour
1/3 cup cold water
Salt and pepper
2 cups prepared, hot mashed potatoes

Heat the olive oil, over medium heat, in a medium sized pot with a heavy bottom.

Add the onions and cook, stirring occasionally to prevent sticking and burning, until they are golden in color on the edges.

Add the carrots and beef and their juices. Sprinkle in the herbs and stir to combine.

Blend the flour and water and add to the pot. Stir and bring to a quick boil over medium heat and cook for five minutes or until the meat and carrots are heated through.

Add salt and pepper to taste.

Serve immediately over mashed potatoes.

(Alternate serving idea: Mix in two cups of warm, cooked barley or kamut and omit the mashed potatoes.)

Serves 4.

Victoria Wesseler