

Betty's Beef Stew from Leftover Crock Pot Roast Beef and Gravy Recipe



Uploaded on 9 Mar 2009

In this video, Betty shares her secrets of making fabulous beef stew from leftover roast beef from the night before. Always better the second time around!

Ingredients:

- 1 pound (approximately) leftover roast beef, cut into 3/4-inch cubes
- gravy leftover from making roast beef (Or, use a packet of instant gravy mix; use package instructions.)
- 2 medium to large uncooked baking potatoes
- 1/4 pound raw mini carrots
- 1 large onion, coarse-chopped)
- 1 can beef consomme condensed soup
- 1 can beef broth condensed soup
- 4 oz. (half of and 8 oz. can) tomato sauce
- 2 cups water

Peel 2 potatoes and chop them coarsely, and let them sit in water in a medium-sized pot until needed. When ready to assembly your beef stew, drain the water off the potatoes, add 1/4 pound mini carrots, and 1 chopped onion to the pot of potatoes. Next, add 1 can of beef consomme condensed soup and 1 can of beef broth condensed soup. Mix the vegetables and soups, and place the pot over heat. Cook for 25 minutes, until the vegetables are done, but not mushy. While the vegetables are cooking in the soups, prepare your beef and gravy mixture. Combine the leftover cubed beef, the leftover gravy, 1/2 can tomato sauce, and 1 cup water in a large pot and mix well. Place the pot over heat and cook to boiling. Turn the meat mixture off, and wait for the vegetables to complete cooking. When the vegetables are done, drain the broth through a colander, and set aside for some other purpose--It will not be used in the stew. Pour the cooked vegetables into the meat mixture, add 1 cup of water, stir, and cook about 1 hour. If needed, add more water to maintain desired consistency. After 1 hour, add 1/4 pound of frozen green peas. Cook for about 15 minutes, and your stew is done. You may continue to keep it over the warmer burner, but be sure to check to see if water needs to be added. You can hold the beef stew at almost boiling until you are ready to serve it. When ready to serve, place in a large serving bowl, and pass around the table. This stew is *so* easy, and it tastes *so* wonderful--and it solves the leftover problem!!! You'll love this beef stew with Betty's Southern Cornsticks!