

Beef Steak and Vegetable Stew



Stew

- 1 tablespoon extra virgin olive oil
- 1 pound lean beef steak meat, cubed
- 8 cups water
- 4 ribs celery, sliced
- 4 medium carrots, peeled and sliced
- 1/2 large sweet onion, chopped
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 (6 ounce) can tomato paste
- 1/2 cup tomato sauce
- 3 beef bouillon cubes
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon dried garlic
- 1/2 teaspoon salt
- 1/8 teaspoon ground cayenne pepper
- 1 1/2 cups pasta shells, uncooked

Garnish

Shredded Mozzarella cheese

In a large Dutch oven, cook and brown beef in olive oil. Add water, celery, carrots, onion, diced tomatoes, tomato paste, tomato sauce, bouillon cubes, oregano, basil, parsley, garlic, salt, and cayenne pepper. Bring mixture to a boil, reduce heat to medium-low, and partially cover. Cook for 1 hour.

Add shells and cook an additional 15 minutes or until pasta is tender.

Garnish with shredded Mozzarella cheese.

Serves 8

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