

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Five-Hour Oven Stew

From Penzey's Spice Catalogue

Serves 6-8

1 ½ lbs. stew meat, beef or pork or boneless chicken thighs, cubed
6 cups peeled, cubed potatoes (or small red potatoes unpeeled), about 4 large
1 large onion cut into chunks or 12 small whole pearl onions
4 cups carrots, peeled and cut into 3 inch rounds (5-6 medium carrots)
2 cups celery, cut into chunks (2 large stalks)
1 15 oz. can petite diced tomatoes or 2 8 oz. cans tomato paste
1-2 tsp salt (to taste)
½-1 tsp freshly ground pepper (to taste)
1-2 tsp oregano (to taste)
¼- ½ tsp garlic powder

In large, oven safe-pot or pan, combine all of the stew ingredients with the smaller amounts of spices. It is not necessary to brown the meat. Cover and bake at 250° for 4-5 hours. 30 minutes before serving, taste the stew and add the rest of the seasonings as desired.