Braised beef with artichokes and Mediterranean vegetables

Ingredients

2 lb stew beef

4 cloves garlic, minced

1 qt beef broth

1 14.5 oz can diced tomatoes

1 bay leaf

1 white onion, small dice

12 oz crimini mushrooms, sliced

3 stalks celery

1-14 oz can artichoke hearts, drained and halved

½ C pitted kalamata olives

1 tsp dried oregano

1 tsp dried parsley

1 tsp dried basil

½ tsp cumin

Procedure

1. Brown beef and well, adding salt and pepper
2. Add beef broth, bay leaf, ang diced tomatoes to the pot, simmer for 2-3 hours
3. Add herbs and spices with an hour left to cook
4. With 30 minutes left to cook, add the onion, garlic, olives, mushrooms, celery and artichoke hearts
5. Check seasoning, portion and serve