Braised beef with vegetable medley

As needed: Vegetable oil

2 lb beef, cubed

1 large white onion, chopped

1 cup celery, chopped

2 red bell peppers

2 orange or yellow bell peppers

3 cloves garlic, minced

28 oz can whole peeled tomatoes, chopped

2 cans kidney beans, mashed before adding to pot to help thickening

1 tsp dry basil

½ tsp dried oregano

1 bay leaf

2 tbls cornstarch mixed with ¼ cup water (for thickening in necessary)

1. Brown the cubed beef in the oil, set aside in bowl, seasoning with salt and pepper at the end
2. Add vegetables and cook for 10 mins
3. Add the tomatoes, herbs, and beef to the pan, including all the drippings
4. Cook on medium-low for 45 minutes- 1 hour, or until beef is cooked, stirring occasionally
5. Once beef is almost finished cooking, add the slurry and thicken sauce (if necessary)
6. Once the sauce has thickened, take off the heat and portion out