



# Our Lady of Mount Carmel Irish Stew



- 2 lbs ground beef or beef stew meat
- 2 medium onions, chopped
- 4 14½-oz cans stewed tomatoes
- 8 medium carrots, thinly sliced
- 4 celery ribs, thinly sliced
- 2 medium potatoes, peeled and cubed
- 2 cups water
- 1 to 2 tablespoons salt
- 1 to 2 teaspoons pepper

In a Dutch oven, cook beef and onions over medium heat until meat is no longer pink; drain.

Add the tomatoes, carrots, celery, potatoes, water, salt and pepper; bring to a boil.

Reduce heat; cover and simmer for 30 minutes or until vegetables are tender.

Uncover; simmer 20-30 minutes longer or until thickened.

Recipe submitted by  
**Ginger Billesbach**  
Hastings Office Products Specialist



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