

Bloody Mary Beef Stew

1 1/4 pounds beef stew meat
2 tablespoons flour
Ground pepper and salt or Mrs. Dash, to taste
1 tablespoon vegetable oil
1 cup Bloody Mary mix (I used Dr. Swami and Bone Daddy's)
1 cup chopped onion
1 teaspoon minced garlic (1 clove)
1 cup baby carrots
3 medium potatoes, scrubbed and quartered
2 cups homemade or good-quality beef broth
1 shot glass of Vodka
1 teaspoon Worcestershire sauce
1 cup peas, thawed

Preheat oven to 350 degrees and prep the veggies. Unwrap the beef stew meat and leave it on the plastic wrap on the butcher paper. Season with ground black pepper and salt or Mrs. Dash, to taste. Sprinkle the flour over the meat, mixing it around until all pieces are coated.

Heat the vegetable oil in a Dutch oven or soup pot over medium-high heat. Add the beef stew meat and cook (in batches) until browned on all sides. You don't want to cram all the meat into the pot at once or it will steam instead of crisp up. Remove meat and set aside on the butcher paper after removing the plastic wrap from it. (See how I did that? No dirty plate!)

Add the chopped onions to the pot and cook until starting to soften. Add in the minced garlic for a minute or so. Deglaze the pot with the beef broth, scraping up the browned bits from the bottom of the pan. Add the rest of the ingredients except the peas and bring stew up to a simmer. Cover, turn off heat, and carefully place into preheated oven. Cook covered for 2 hours. Remove from oven and stir in the thawed peas. Serve in bowls with crusty French bread and butter.