



Category (Soups)

## Arlea's Steak Stew

Submitted by (Arlea Carmack)

### Recipe

2 pkgs rib eye steak  
2 pkgs T-Bone steak  
2 pkgs Sirloin Steak  
Lowry's Seasoning Salt (as desired)  
Pepper (as desired)

Place steak in large roaster. (You can also use 2 large roasts to replace the steak) Lowry's Seasoning Salt and Pepper to taste. Cover bottom of roaster with water. Bake at 300 degrees until tender. Usually around 6 hours.

5 lbs. potatoes  
2 pkgs carrots  
2 pkgs celery  
2 large onions  
2 T Beef flavored *Better than Bouillon*  
Salt (as desired)  
Pepper (as desired)

Fill large stock pot halfway with water. Place on stove at medium heat. Add bouillon and stir. Prepare vegetables. Peel and dice potatoes, peel and slice carrots, clean and slice celery, and dice onions. Add vegetables after they are prepared. Add water to cover vegetables, if needed. Lower heat on stove to low and simmer vegetables while meat is in the oven. (Approximately 2 hours) Be sure to time your vegetables at the same time as the meat is done.

When meat is cooked, shred meat in the juice it is cooked in. Put meat mixture in the vegetable mixture. You can add packages of frozen corn, peas, and green beans, as desired. Mix well. Let simmer another 15 minutes.

I store the extra stew in pint wide-mouth canning jars with the plastic lids you can get at Walmart in the canning section. Be sure to wash the jars and lids very well before you fill them. I use my dishwasher. This recipe fed a family of six and I had approximately 24-pint jars left to freeze. It is a great after-school snack or meal in a hurry.