

Easy Vegetable Beef Stew

From the kitchen @ HammersNHugs.com



Ingredients:

Leftover beef steak

8 c beef broth

1 c ketchup

3 T Worcestershire sauce

1 lb bag frozen broccoli florets

1 lb bag frozen peas

1 lb bag frozen cauliflower

1 lb bag mini carrots

Directions:

Shred the leftover beef steak and place all the ingredients in a large kettle on the stove EXCEPT the ketchup and the Worcestershire sauce. Save those for the end. Place on high heat until simmering and then turn to low and allow to simmer for 1 hour. Take off of the heat and stir in the ketchup and Worcestershire sauce. Add more or less ketchup to taste.

To Freeze:

Allow to cool completely in freezer safe containers. Can be deep frozen for up to 3 months.