

A Sutherland Belle

My Mama's Vegetable Beef Stew

INGREDIENTS

- 2 cups water
- 1 cup chicken stock
- 3 lb. bone-in beef short ribs, cut into 1- to 2-inch pieces
- 3 dried bay leaf
- 1 (28 ounce) can diced tomatoes
- 1 (28 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- 6 carrots, chopped (3 cups)
- 3 peeled chopped russet potatoes
- 2 cups frozen corn
- 1 chopped yellow onion
- 1 (14.5 ounce) can fresh lima beans
- 1 1/2 Tablespoons kosher salt
- 2 Tablespoons Creole seasoning (optional)
- 1 Tablespoon black pepper
- Garnish with saltine crackers and fresh parsley

INSTRUCTIONS

1. Fill a large soup pot with cold water and chicken stock; add short ribs and bay leaves. Bring to a simmer over low; simmer, undisturbed, for 1 hour, 30 minutes.
2. Add carrots, tomatoes, tomato sauce, tomato paste, potato, corn, onion, and lima beans to ribs in soup pot. Simmer over low, stirring occasionally, for 1 hour.
3. Remove from heat; add salt, Creole seasoning (if desired), and pepper, stirring until well combined.
4. Remove and discard bay leaf and bones from short ribs. Top with fresh parsley and serve with saltine crackers.