Hearty Beef Stew (modified Martha Stewart recipe)

Ingredients

1 1/2 pounds beef chuck, cut into 1-inch pieces
1/4 cup all-purpose flour
2 cans (14.5 ounces each) diced tomatoes with green chiles
Coarse salt and pepper
3/4 pound small potatoes, halved

2 medium onions, large chop
1/4 lb peas

3-4 carrots, large pieces

Directions

Preheat oven to 375 degrees. In a large heavy pot, toss beef with flour. Stir in tomatoes, 1 teaspoon salt, 1/2 teaspoon pepper, and 4 cups water. Bring to a boil over medium-high, transfer to oven, and cook 1 hour. Stir in potatoes, carrots & onions and cook until beef and veggies are tender, about 1 hour more. Stir in peas and let sit 5 minutes before serving.

This can also be made in the slow-cooker…5 hrs on high.