***Easy Beef Stew***

2½ pounds stew beef

1 large onion

1 tablespoons extra virgin olive oil

15 ounces (1 small can) petite-diced tomatoes

4 cups water

2 pounds Earthbound Farm organic mini carrots\* (no need to slice)

1½ pounds frozen whole green beans\*\*

2 large cloves garlic, diced

¾ cup soft red wine (this is 6 ounces or 1 mini bottle)

1 teaspoon crushed dried rosemary

3 tablespoons red wine vinegar

1 tablespoon molasses

1 teaspoon salt

¾ teaspoon pepper

In a large pot, saute onion and beef with olive oil until the beef cooks down, about 20 minutes.  Add water and all remaining ingredients as they are prepared.  Bring to a boil, cover and simmer.  Beef should cook for a total of 1½ hours.

\*Earthbound Farm carrots are consistently sweet and are very good in this recipe.

\*\* Green beans frozen whole taste very much like fresh.