

# *Idiot's Kitchen Shopping List – Beef Stew with Potatoes & Green Beans*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Dave Lieberman



2 pounds of beef, cubed – look for top round or a small boneless roast and cut it into cubes

1 large onion

4 carrots

3 large potatoes

½ pound fresh green beans

3 sprigs fresh rosemary

2 Tablespoons butter

2 Tablespoons olive oil

2 Tablespoons flour

2 cups beef broth

2 cups red wine – such as cabernet, shiraz, or merlot

1 cup canned crushed tomatoes

Salt & Pepper