

Beef Stew and Garlic Mashed Potatoes

Stew Ingredients:

- 1/2 lb. lean ground beef
- 1/4 cup chopped onion
- 1 cup frozen mixed vegetables
- 2 cups tomatoes, diced
- 1 jar (12 oz.) beef gravy
- 1/4 tsp. NVBP's Herbes de Corsica
- 1/4 tsp. NVBP's Garlic Peppercorn, ground

Potatoes Ingredients:

- 1 cup water
- 2 tbsp. margarine or butter
- 1/2 tsp. NVBP's Garlic Plus Seasoning
- 1/2 cup milk
- 1 1/3 cups mashed potato flakes
- 1 tbsp. NVBP's Herbes de Corsica
- 2 lb. lean ground beef
- 1/4 cup chopped onion

Instructions:

- In 10" nonstick skillet, cook beef and onion over medium-high heat, stirring frequently, until beef is thoroughly cooked, then drain
- Add all remaining Stew ingredients and mix well
- Heat to boiling then reduce heat to low and simmer 8 to 10 minutes, stirring occasionally, until vegetables are tender
- Meanwhile, in medium saucepan, heat water, margarine and Garlic Plus Seasoning to boiling. Remove from heat; add milk. Stir in potato flakes and Herbes de Corsica
- Fluff potatoes with fork and serve stew over potatoes