

BEEF STEW

INGREDIENTS:

❖ Beef cubes	1 ½ Lb.
❖ Flour	3 TBSP
❖ Salt	1 ½ tsp
❖ Black pepper	½ tsp
❖ Garlic powder	¼ tsp
❖ Shortening	3 TBSP
❖ Water	2 Cups
❖ Canned tomatoes	6 oz.
❖ Thyme	pinch
❖ Bay leaf	1
❖ Carrots	6 oz.
❖ Celery	3 oz
❖ Onions	3 oz
❖ Potatoes	6 oz
❖ Peas	¼ Cup
❖ Corn	¼ Cup

METHOD:

1. Trim fat off beef cubes (if needed).
2. Mix flour and seasonings.
3. Dredge beef cubes in seasoned flour.
4. Melt shortening and brown beef cubes in melted shortening.
5. Add water, tomatoes, and spices to meat.
6. Cover and simmer 2 hours.
7. Add carrots to meat cover and simmer 15 more minutes.
8. Add celery and onions simmer additional 10 minutes.
9. Clean and dice potatoes into 1 – 1 ½ inch pieces.
10. Add potatoes and simmer 20 minutes until all vegetables are tender.
11. Find and remove bay leaf.
12. Using remaining seasoned flour and equal amount of cold water mix into a smooth thickening agent and stir into stew until stew is desired thickness.
13. Add Peas and or corn to stew
14. Serve with a baking powder biscuit.

