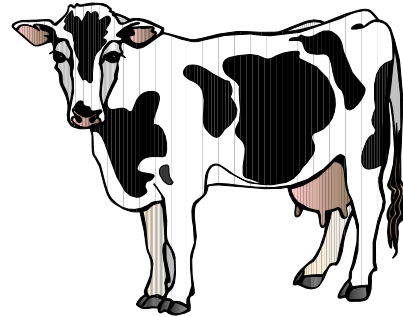


Beef Stew

- 2-3 lbs. top sirloin/chuck steak ($\frac{3}{4}$ " cubes)
- 2 Tbs garlic (minced)
- 3 onions (diced)
- 10 carrots ($\frac{3}{4}$ " slices, diagonally)
- 8 medium-sized potatoes (quartered)
- 4 bullion cubes, dissolved in 4 cups of hot water
- 3-4 bay leaves
- 1 can string beans
- 1 can peas
- 1 can tomato sauce
- 1 tsp salt
- 1 tsp ground pepper

- $\frac{1}{4}$ cup corn oil
- Or
- 3 Tbs Crisco®



Preparation

Put oil or Crisco in large stew pot. Add meat, salt and pepper; brown over medium heat. Add diced onions, and minced garlic. Cook until onions are clear. Stir continuously. Add dissolved bullion mixture, tomato sauce and sliced carrots. Bring to a low boil and cook for 10-15 minutes. Add potatoes and continue cooking on low boil for 10 more minutes. Add string beans and peas. Lower heat and simmer for 20 minutes. Add salt and pepper to taste.

Serving suggestion:

Corn bread muffins

Makes 8 - 10 servings.