



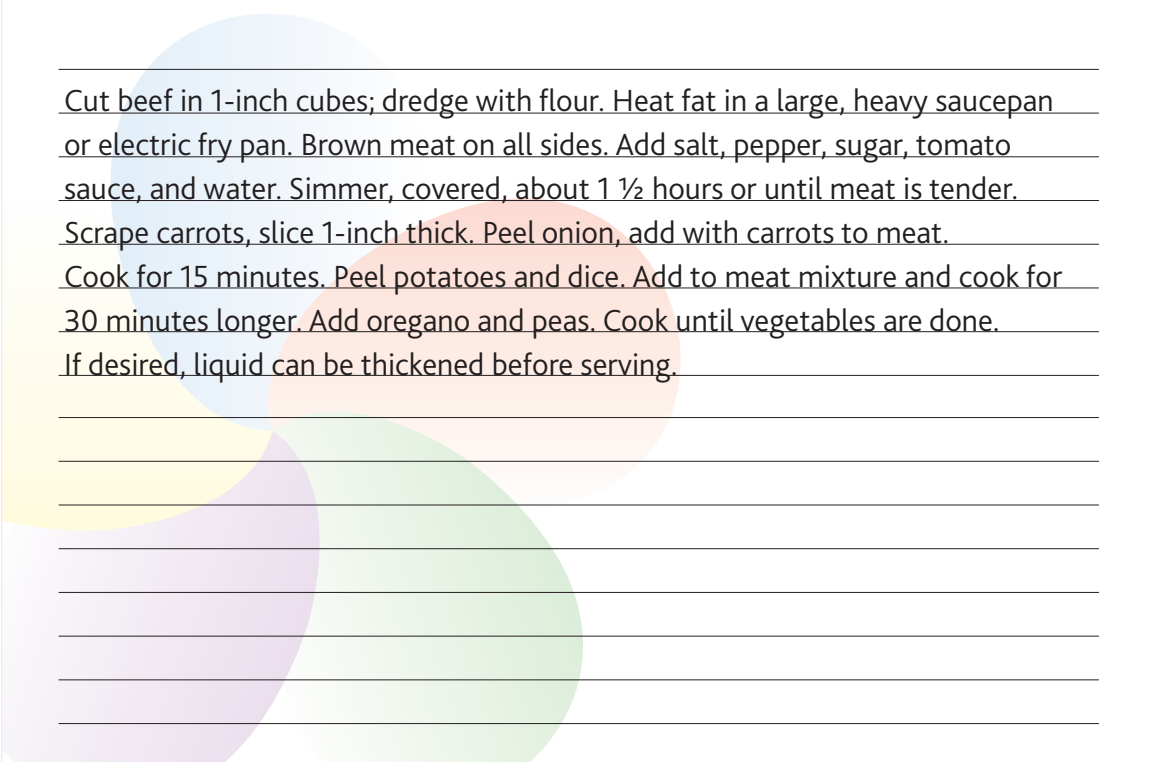
## Stirring Up Memories

# Beef & Vegetable Stew

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### INGREDIENTS:

3 lbs. stewing beef, chuck, or heel	5 cups boiling water
of round	6 medium carrots
1/3 cup flour	1 medium onion
3 tbsps. fat	4 medium potatoes
2 tps. salt	1/4 tsp. oregano
1/4 tsp. pepper	2 cups cooked or canned
1 tsp. sugar	peas, optional
1 8-oz. can tomato sauce	



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Cut beef in 1-inch cubes; dredge with flour. Heat fat in a large, heavy saucepan or electric fry pan. Brown meat on all sides. Add salt, pepper, sugar, tomato sauce, and water. Simmer, covered, about 1 ½ hours or until meat is tender. Scrape carrots, slice 1-inch thick. Peel onion, add with carrots to meat. Cook for 15 minutes. Peel potatoes and dice. Add to meat mixture and cook for 30 minutes longer. Add oregano and peas. Cook until vegetables are done. If desired, liquid can be thickened before serving.

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