

McDougal's Farm LLC

What's Growing On!

Recipes

Beef and Vegetable Stew

2 lbs. boneless beef stew meat 2 small white onions ½ teas. Black pepper
1/2 c. flour 4-5 potatoes
3 tsp. salt 4-5 med. carrots
4 tbsp. shortening 2-3 turnips
3 c. water 2 celery stalks
1 bay leaf 1 green pepper
Thickener:
Blend well with whisk,
2-3 tablespoons of flour
½ cup water

Trim excess fat from meat and discard it. Combine flour and salt in paper bag; add meat and shake to coat well with flour. Brown in oil in a Dutch oven or 3 quart saucepan. Add water, bay leaf. Cover and cook over moderate heat 1 1/2 hours or until meat is almost tender. Add vegetables, cut into pieces. Cover and cook 30 minutes or until vegetables are tender. Slowly add and stir in just enough of the thickening mixture to make a creamy gravy. Add pepper last to taste.