

# Stew meat



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Begin 3½ hrs  
ahead  
8 to 10  
servings

## Beef Stew

2½ pounds beef for stew  
½ cup all-purpose flour  
½ cup salad oil  
1 large onion, chopped  
1 garlic clove, minced  
3 cups water  
4 beef-bouillon cubes  
1 teaspoon salt  
½ teaspoon  
Worcestershire  
¼ teaspoon pepper  
5 medium potatoes,  
cut in chunks  
1 16-ounce bag carrots,  
cut in chunks  
1 10-ounce package  
frozen peas



2 Brown meat all over in oil, a few pieces at a time; remove pieces as they brown. Reduce heat to medium.



4 Gradually add water, bouillon, salt, Worcestershire, pepper; cook, stirring, until mixture is slightly thickened.



6 Add potato and carrot chunks; over medium heat, heat to boiling. Reduce heat to low; cover and simmer 20 minutes.



1 Cut meat into 1½-inch chunks. On waxed paper, coat stew meat with flour; reserve leftover flour. In 6-quart Dutch oven over medium-high heat, heat oil.



3 To drippings in pan, add onion and garlic; cook 3 minutes, stirring, until onion is almost tender. Stir in reserved flour.



5 Add meat; heat to boiling, stirring. Reduce heat to low; cover; simmer 2½ hours until almost tender, stirring occasionally.



7 Stir in frozen peas; cover and simmer 5 to 10 minutes or until all the vegetables are tender. Serve immediately.



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# Small Cookbook Beef

**Padhraic Smyth**



## **Small Cookbook Beef:**

## Unveiling the Power of Verbal Art: An Emotional Sojourn through **Small Cookbook Beef**

In a global inundated with screens and the cacophony of quick connection, the profound power and emotional resonance of verbal artistry frequently diminish in to obscurity, eclipsed by the regular assault of noise and distractions. Yet, located within the musical pages of **Small Cookbook Beef**, a charming perform of literary beauty that impulses with fresh feelings, lies an unique journey waiting to be embarked upon. Penned by a virtuoso wordsmith, that mesmerizing opus guides viewers on an emotional odyssey, softly revealing the latent potential and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is key themes, dissect their captivating publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

<https://archive.kdd.org/results/publication/default.aspx/Stedmans%20Dermatology%20And%20Immunology%20Words.pdf>

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