Stew meat



Color index page 54 Begin 3½ hrs ahead 8 to 10 servings

Beef Stew

21/2 pounds beef for stew
1/2 cup all-purpose flour
1/2 cup salad oil
I large onion, chopped
I garlic clove, minced
I cups water
4 beef-bouillon cubes
I teaspoon salt
1/2 teaspoon
Worcestershire
1/4 teaspoon pepper
5 medium potatoes,
cut in chunks
I 16-ounce bag carrots,
cut in chunks
I 10-ounce package



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.



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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Chinese Style Favorite Recipes WeiChuan, Shu-hui Huang, 1993 Here are six economical easy to follow compact cookbooks offering delectable favorite Chinese recipes that will delight the beginner as well as the experienced chef You will be pleased by the variety of choices and special tips featured in each book All recipes are illustrated in full color and provide clear guidance in traditional cooking techniques and ingredient preparation Hello! 123 Beef Short Loin Recipes MS Meat, 2019-11-15 Eating Meat Can Make You Feel Awesome Read this book for FREE on the Kindle Unlimited NOW DOWNLOAD FREE eBook PDF included ILLUSTRATIONS of 123 Beef Short Loin Recipes right after conclusion After a tiring day at work all you want is to take a bite of a flavorful tender steak juicy delicious burger short ribs that are slow cooked to perfection And when you get that opportunity you suddenly feel satisfied and happy Do not hesitate let's open the book Hello 123 Beef Short Loin Recipes Best Beef Short Loin Cookbook Ever For Beginners with the following part and take random a recipe to make right now 123 Amazing Beef Short Loin Recipes I have written Hello 123 Beef Short Loin Recipes Best Beef Short Loin Cookbook Ever For Beginners and the big series about meat and poultry because I am hoping that you will always grab that chance to be with your loved ones and not remember to have meals together given our very busy life I have divided the series into different topics so you have options on what is suitable for you Beef Sirloin Recipes Bacon Recipes Game Meat Recipes Roasting Cookbook Roasted Vegetable Cookbook Best Steak Cookbook Ground Beef Recipes Beef Pot Roast Recipe Roast Beef Recipe Cookbook Instant Pot Beef Cookbook Purchase the Print Edition RECEIVE a digital copy FREE via Kindle MatchBook Now you can prepare these mouth watering meat dish easily for your family and with a lot of options you will never worry about variety That means you have more meaningful time to spend with your family Happy eating and let's enjoy these delicious meat recipes with the family 123 Yummy Beef Short Loin Recipes Julie Turner, 2020-09-23 I m a MEAT LOVER And SO ARE YOU Read this book for FREE on the Kindle Unlimited NOW Nope I m not sharing a secret Rather I m letting everyone know that I m so proud of it Either my caveman good looks or Midwestern background developed my love for meat and poultry As far as I can recall the best meals I ve had are all meat based Meat and Poultry dishes always fill my heart with happiness especially a platter of tender and juicy braised chicken thighs and kale with crunchy breadcrumb toppings and my grandma's filling Bolognese a delicious sauce of ground beef with buttered noodles Parmesan cheese and a few acidic tomatoes Can t wait to discover the book 123 Yummy Beef Short Loin Recipes right now 123 Awesome Beef Short Loin Recipes Meat as well as poultry can play the lead role in a meal such as an awesome roast of prime rib served in special gatherings Sometimes it can play the supporting role such as beef studded Southern greens which is the way I eat daily No matter what meat and poultry usually add a special touch to any dish meal or even an entire event You re sure to get several great choices in the book 123 Yummy Beef Short Loin Recipes whether you re preparing food for a dinner party or just making a weeknight dinner for your family Lastly a few words from one meat lover to another I hope your steaks would

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ander jou ook mist en dan maar hopen dat dat het geval is

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