

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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ahead
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American Heart Association

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