

# Stew meat



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page 54  
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

**Lei Huang**



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