



R E C I P E

Recipes gathered from many resources, especially www.allrecipes.com

BEEF STEW

INGREDIENTS

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| ‡ 1/4 cup all-purpose flour | ‡ 1 lb. cubed beef stew meat |
| ‡ 1 (15 oz.) can tomato sauce | ‡ 1 (10 oz) package frozen mixed vegetables |
| ‡ 1 1/2 tsp. salt | ‡ 3 Tbsp. vegetable oil |
| ‡ 1 (6 oz.) can tomato paste | ‡ 1 cup chopped cabbage |
| ‡ 2 1/2 tsp. pepper | ‡ 1 quart beef broth |
| ‡ 1 cup peeled and cubed potatoes | ‡ 1 pint beer |

DIRECTIONS

1. In a bowl, mix the flour, salt, and pepper. Toss the beef in the mixture to coat.
2. Heat the oil in a large pot over medium heat, and brown the beef on all sides. Pour in the broth, beer, tomato sauce, and tomato paste. Stir in the potatoes, mixed vegetables, and cabbage. bring to a boil, reduce heat to low, and simmer 1 hour, stirring occasionally.