



## STEW

Number of servings: 10

### Ingredients:

- 1 small round onion
- 1-2 ribs celery
- 4 medium carrots
- 4 medium potatoes
- 2 cloves garlic
- 2 pounds lean meat
- 1 (8-ounce) can tomato sauce
- ½ - 1 teaspoon salt
- 1-2 bay leaves
- water to cover

### Thickening

- 3 tablespoons flour
- ¼ cup water

### Directions:

1. CHOP onion, celery, carrots, and potatoes. SET aside.
2. CRUSH garlic.
3. CHOP meat into bite-sized pieces.
4. In a large pot, FRY meat and garlic. STIR.
5. ADD tomato sauce, salt, bay leaf, and water. STIR.
6. COVER and SIMMER for 1-2 hours or until meat is tender. Liquid needs to cover meat. ADD water as necessary.
7. ADD onions, celery, carrots, and potatoes. STIR.
8. SIMMER for 10-15 minutes or until vegetables are tender.
9. MIX thickening ingredients and ADD to stew. STIR.
10. SIMMER and stir until thickens.

### Variations:

You can add frozen vegetables.  
Add 2-3 teaspoons curry powder in place of tomato sauce.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**



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