How to Make Beef Stew

1. ½ cup water
Add meat to boiler.
Let it brown.
Turn meat.
Brown other side.

2. Nonstick cooking spray
½ pound stew beef, cut in small pieces
Roll meat in flour mixture.

3. Flour
¼ cup
¼ teaspoon salt
Put flour and salt in a small bowl.
Stir.

4. Add meat to boiler.
Let it brown.
Turn meat.
Brown other side.

5. ½ cups water
Turn heat low.
Wait about 5 minutes.
Add water.

6. Cover boiler.
Cook about 2 hours.
Cook until meat is tender.

7. Add water and salt.
½ teaspoon salt
Stir.

8. Peel.
Cut in pieces.
Wash 5 potatoes.
Peel.
Wash 2 onions.
Add potatoes, onions, and carrots.
Wash 3 carrots.
Peel and cut in slices.
Add other vegetables if you want to.
Add green beans, green peas, tomatoes, or butter beans.

See next page.
What You Use

Beef Stew

This recipe makes enough for 6 people.

9.

Cover boiler.
Cook about 30 minutes.
Cook until vegetables
are tender.
Stir some as it cooks.

A good diet has meat, poultry,
fish, eggs, cheese, or dry beans
or peas every day. A good diet has
milk and bread. It also has
vegetables and fruits.

Beef stew has meat,
potatoes, and carrots in it.

Serve cabbage slaw,
cornbread, and milk with it.

This is good for lunch
or supper.