

Beef Stew



1. In a pot, heat 1 tablespoon of oil

2. Add:

stewing beef, cubed

1 pound (0.455 kg)

Brown on all sides

3. Add:

salt

1 teaspoon

pepper

1 teaspoon

water

3 cups

tomato sauce

1 can (398 mL)

Bring to a boil and then reduce heat to low.

4. Add vegetables*:

potatoes, peeled and cubed

2 medium

carrots, peeled and chopped

2 sticks

onion, chopped

1 medium

Cover and simmer for 1 hour or until potatoes are tender.

5. In a bowl, add:

flour

$\frac{1}{2}$ cup

water, cold

1 cup

Mix until smooth.

6. Add to the pot and continue to simmer for about 20 minutes. or until stew is thickened.

Serves 6

* You can add any vegetables you like to the stew.