

Beef Stew Meal

Beef Stew

INGREDIENTS

- 2 pounds Beef Stew Meat.....
 - ½ cup Flour.....
 - 1 tablespoon Salt.....
 - ½ teaspoon Black Pepper.....
 - 1 Clove of Garlic, minced.....
 - 1 Scallion, minced.....
 - ¼ cup Vegetable Oil.....
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- 6 cups Water.....
- 1 small package Carrots.....
- 1 White Onion, chopped.....
- 1 tablespoon dried Parsley.....
- 1 teaspoon Red Curry Powder.....
- 1 teaspoon Paprika.....
- 1 teaspoon Basil.....
- 1 tablespoon Salt.....
- 1 tablespoon Kitchen Bouquet.....
- ½ teaspoon Black Pepper.....
- 2 dash Thyme.....
- 1 dash Savory.....
- 4 cups Potatoes, diced.....
- 1 package Birdseye Extra Sweet Corn.....



PREPARATION

- Coat the Stew Meat with the Flour, Salt, and Pepper mixture. Place all ingredients above the line into the very hot Vegetable Oil and brown.
- In a large pot place the remaining ingredients EXCEPT the Potatoes and the Birdseye Extra Sweet Corn. Reserve those for latter.
- Bring the pot to boil and reduce to simmer. Drain the Stew meat after it is browned and place it in the pot to simmer. Simmer for 1 ½ hours.
- After the pot has simmered for 1 ½ hours place the Potatoes into the pot. Continue simmering for an additional ¾ hour.
- Place the Birdseye Extra Sweet Corn into the stew and simmer for an additional 15 to 30 minutes.

SERVES 6.