



Uploaded to the VFC Website

▶▶ June 2014 ◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794*

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Best Beef Stew

1	Large onion, halved and thinly sliced
2	Medium carrots, peeled and thinly sliced
2	Large potatoes, cut into 1/2-inch chunks
1-1 1/2	Cups peeled and diced rutabaga (about 1/2 small rutabaga)
1	Cup fresh green beans, in bite-size pieces
1	Pound beef stew-meat chunks
1	Bay leaf
1/2	Tsp dried thyme
1	Clove garlic, crushed
3	Cups low-sodium beef stock
2	Tbsp light brown sugar
3/4	Tsp salt
2	Tsp Worcestershire sauce
	Pepper to taste
3	Tbsp all-purpose flour
2	Tsp tomato paste

- 1) Put everything but the flour and the tomato paste in a slow cooker; stir to combine.
- 2) Cover and cook on the low setting for 8 to 9 hours or on high for 4 to 5, until the beef is tender and the potatoes are just fork tender.
- 3) Stir the stew once or twice as it cooks, if possible. About 30 minutes before serving, transfer a ladleful of the broth to a small mixing bowl.
- 4) Add the flour and tomato paste and whisk until smooth. Stir the mixture into the stew and cook for the remaining half hour.

Makes 6 to 8 servings.

