

Beef Stew

3 CUPS HOT WATER

2 BEEF KNORR BOUILLON

2-3 LB. CHUCK ROAST (CUT IN CHUNKS)

4 TBSP SHORTENING

1/2 CUP SELF-RISING FLOUR

2 BEEF KNORR BOUILLON

Toss beef in flour, brown in Dutch oven or large stock pot on med/high heat with shortening. Put water in glass bowl with bouillon and microwave 4 minutes (whisk) then add the following:

1 TBSP. WORCESTERSHIRE SAUCE

BAY LEAF

1/4 TSP. ALL-SPICE

1 TSP. SUGAR

1 TSP. FRESH LEMON JUICE (OMIT IF NOT FRESH)

1 ONION SLICED IN LARGE PIECES

Scrape flour off bottom of pot (if needed) with a spatula or spoon. Cook on lowest setting for 2.5-3 hours checking occasionally and stirring to prevent sticking

ADD 5 PEELED AND QUARTERED POTATOES

ADD 5 PEELED AND QUARTERED CARROTS

ADD 1/2 ONION CUT IN MEDIUM PIECES.

Cover and simmer until veggies are fork tender about 30-40 minutes. Enjoy with crackers or cornbread.
Serves 6-8