

Traditional beef stew

Yield:	2#	Portion:	Multiple	2		
Oven:		Bake:				
amt	unit	Ingredients	amt	unit	unit/cost	tot/cost
2	#	Cubed stew meat, grass fed-pastured beef				
2	tbsp.	Butter or oil				
6	cups	Stock				
1	tsp.	Lemon juice				
2	ea.	Onions, sliced				
1	tbsp.	Salt, sea				
1/2	tsp.	Black pepper				
2	cups	Small whole carrots, cut into pieces				
2	cups	Small whole potatoes, cut into pieces				
1/2	cups	Flour				
1/2	cups	Cold water				
2	cups	Peas				

Method:

Brown beef in butter or oil in large skillet or kettle.
 Stir in stock, lemon juice, onion and salt.
 Cover and simmer 2 hours, until meat is tender.
 Add carrots and potatoes, cook 15 minutes, until vegetables are tender.
 Blend flour and water, add to stew.
 Add peas and heat to boiling.
 Adjust seasonings if needed.

I like to keep seasonings to a minimum, to let the natural beef flavor come through.