

Baldwin's Beef Stew

Kyle Baldwin

Makes 8 servings.

2 pounds Beef chuck, cubed	1 cup Frozen corn
1/4 cup All-purpose flour	1 cup Frozen peas
4 tablespoons Vegetable oil	1 cup Frozen green beans
2 medium Onions, diced	1 teaspoon "What's This Here" sauce
2 stalks Celery, diced	2 teaspoons Salt
3 cloves Garlic, minced	1 teaspoon Pepper
6 Potatoes, cubed	1/4 teaspoon Paprika
6 Carrots, diced	1 Bay leaf
6 14 oz cans Beef broth	2 tablespoons Corn starch

1. Dredge meat in flour.
2. Brown meat in oil.
3. Add onions, celery, and garlic - saute for five minutes.
4. Add beef broth, potatoes, carrots, spices, bay leaf, and "What's This Here" sauce - simmer for one hour.
5. Add frozen corn, peas and green beans - simmer for one more hour.
6. Remove bay leaf.
7. Use corn starch mixed with cold water to thicken, if needed.
8. Simmer for 15 minutes.
9. Serve with bread and butter.

Main Dishes