



JACK & PAT'S

Old Fashioned Butcher Shop

Specializing in Custom Cuts and Customer Service

Beef Stew

2lbs. beef stew meat

1 stalk of celery cut into pieces

2 medium onions quartered

4 cups water

6 carrots cut in pieces

¼ cup flour

1 bay leaf

3 tbsp. oil

2tsp. salt

Coat meat with mixture of flour, salt and pepper. Brown in oil in Dutch oven or large frying pan. Add celery, onions, bay leaf, and water. Cover and simmer for 1 ½ hours until tender. Remove bay leaf. Add potatoes and carrots. Cover and continue cooking until vegetables are tender (30-45 minutes). To thicken liquid combine 2 tablespoons of flour with ¼ cup of cold water. Add to cooking liquids. Cook until mixture boils and thickens.

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