



Beef Stew

CLIMBING STUMP FARM

2 to 3 pounds chuck, cut in 1 inch pieces
1 tsp. Worcestershire sauce
1 clove garlic
1 medium onion, sliced
1 or 2 bay leaves
1 Tbsp. salt
1 tsp. sugar
1/2 tsp. paprika
1/4 tsp. ground pepper
1 cup tomato juice or V8
6 carrots pared and quartered, or baby carrots
4 potatoes, peeled and cut in 1 inch cubes

Thoroughly brown meat in 2 tablespoons of hot shortening in a dutch oven. Add next nine ingredients and two cups of hot water. Cover and simmer for 1 1/2 to 2 hours, stirring occasionally to keep from sticking. Add more water if needed. Add potatoes and carrots; cover and cook until vegetables are tender, 30 to 45 minutes.

For gravy: Combine 1/4 cup water and 2 tablespoons all purpose flour until smooth. Stir slowly into hot liquid. Cook and stir until bubbly and thickened.