



## Beef Stew

*This beef stew is good served over steamed white rice or wide egg noodles.*



- 2 lb beef chuck roast, cut into 1 inch squares
- 10 small boiling onions, peeled
- flour
- 10 to 12 fresh white or brown mushrooms
- 2 14 ounce cans of beef broth
- 2 or 3 carrots, cut into 2 inch lengths
- 8 ounces butter, divided

Melt 2 tablespoons of the butter in a Dutch oven or other oven proof pan with a cover. Add the onions carrots, and brown, about 5 minutes. When the onions and carrots are browned, add the mushrooms and cook for another minute or two until the mushrooms are beginning to soften. Remove onions, carrots and mushrooms from pan and set aside.

Place the pieces of beef in the Dutch oven and brown. Leave enough space between the pieces of beef so that they are not crowded. You may have to brown the beef in several batches depending upon the size of your pan. When all the beef is browned, add the beef broth, cover the pan and put it in a 325 degree oven for 3 to 4 hours, until beef is fork tender.

Remove beef from pan and set aside. Pour cooking liquid into a bowl and set aside.

In the Dutch oven, add equal parts of butter and flour to make a roux. You want about 1 and 1/2 tablespoons of butter and 1/2 tablespoons of flour for each cup of cooking liquid remaining. Cook the roux for 2 or 3 minutes and then add the cooking liquid. Heat until the mixture thickens. Add the beef, onions, mushrooms and carrots and heat. Serve over cooked rice or noodles.