

Beef Stew

Ingredients

2 lb stew beef; cubed
1 teaspoon Worcestershire sauce
1 clove garlic
1 medium (4 oz) onion; sliced
1or 2 bay leaves
1 tablespoon salt
1 teaspoon sugar
1/2 teaspoon paprika
1/4 teaspoon pepper
6 carrots; quartered
4 large potatoes; quartered
1 lb onion

Directions

Brown meat in 2 tblsp oil. Add 2 cups hot water and next 9 ingredients. Cover; Simmer 1 1/2hr.stirring occasionally. Remove bay leaves and garlic. Add vegetables. Cover and cook for 30 min. Serves 6-8.

Gravy:

Skim most of fat from liquid; measure 1 3/4 cup. Combine 1/4 cup water and 2 tblsp flour till smooth. Stir slowly into hot liquid. Cook and stir till bubbly.