Number of servings: 10

Ingredients: Thickening

1 small round onion 3 tablespoons flour
1-2 ribs celery ¼ cup water
4 medium carrots 4 medium potatoes
2 cloves garlic 2 pounds lean meat
2 Hybrid celery 1 (8-ounce) can tomato sauce
¼ cup water ½ - 1 teaspoon salt
1-2 bay leaves
water to cover

Directions:
1. CHOP onion, celery, carrots, and potatoes. SET aside.
2. CRUSH garlic.
3. CHOP meat into bite-sized pieces.
4. In a large pot, FRY meat and garlic. STIR.
5. ADD tomato sauce, salt, bay leaf, and water. STIR.
6. COVER and SIMMER for 1-2 hours or until meat is tender. Liquid needs to cover meat. ADD water as necessary.
7. ADD onions, celery, carrots, and potatoes. STIR.
8. SIMMER for 10-15 minutes or until vegetables are tender.
9. MIX thickening ingredients and ADD to stew. STIR.
10. SIMMER and stir until thickens.

Variations:
You can add frozen vegetables.
Add 2-3 teaspoons curry powder in place of tomato sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.