

INEZ'S CLASSIC BEEF STEW

1	lb	boneless stew meat
1	can	tomato juice (16 oz)
1	can	stewed tomatoes (16 oz)
1	pkg	frozen stew vegetables
½	ea	onion (diced)
4-5	ea	white potato (diced)
½	cup	shortening
½	cup	flour
1	dash	garlic salt, salt, pepper

Salt and pepper stew meat. Place in bag with flour and shake to coat well. In a large stewer, brown meat in shortening or oil on all sides. Add water to cover at least 3/4 of the pan. Simmer meat in water 15 to 20 minutes. Add tomato juice, onions and tomatoes. Simmer on medium heat for one hour (add more tomato juice if necessary). Add potatoes and cook for about 20 minutes. Add frozen vegetables. Stew is done when vegetables are tender

Source: Inez Foster

Notes: A Foster family favorite. This recipe can be altered to suit many tastes (I make a Cajun version). But the base is the same. Serve it up with plenty of cornbread (especially if Tim is coming). The perfect dish for a winter's day.