



# Recipe Database

## B-V Beef Stew

Yield: 25 Servings

Ingredients	Quantity	Directions
Beef chuck, cubed	6 1/4 lbs.	Mix flour, salt, pepper, and paprika and dredge meat thoroughly; brown in hot fat. Add onions and cook until they are light brown. Dissolve the B-V in the boiling water and add to the meat; cook slowly for about 2 hours, until meat is almost tender. Add the carrots and potatoes and cook until tender. Mix flour with the cold water to a smooth paste; add to the stew and cook until smooth and thickened, stirring constantly. Pour into serving pans or individual casseroles and sprinkle the green peas over the top.
Flour	4 oz.	
Salt	1 oz.	
Pepper	1 tsp.	
Paprikz	1 tbsp.	
Onions, sliced	1/2 cup	
B-V	4 oz.	
Water, boiling	3 qts.	
Carrots, diced	1 1/2 lbs.	
Potatoes, cubed	2 lbs.	
Flour	1 cup	
Water, cold	1 cup	
Frozen peas, cooked	1 lb.	

**B-V**  
**Beef Upper**

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