



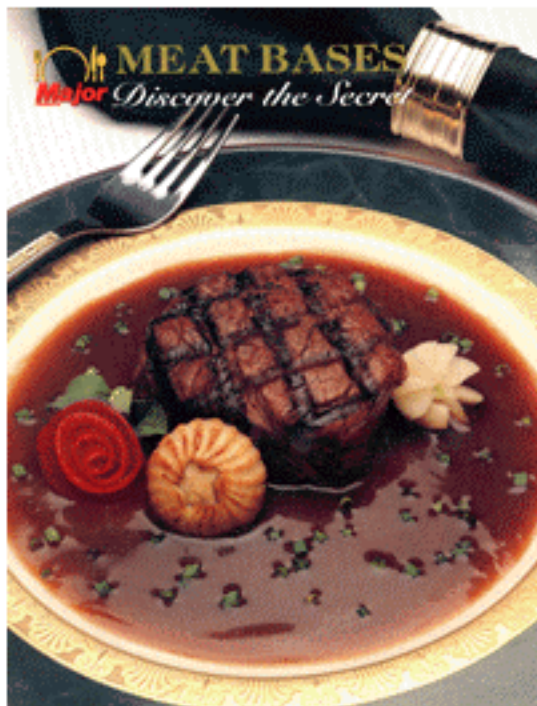
# Recipe Database

## Hearty Beef Stew

Yield: 1 Gallon

Portions: 16

Ingredients	Quantity	Directions
Beef Stew Meet, cubed	3 lbs.	In a large pot brown beef, onions, and garlic in oil until onions are opaque.
Onions, sliced	2 cups	
Garlic, chopped	2 tbl.	
Vegetable Oil	2 tbl.	
Water	2 qts.	Add water, potatoes, carrots, mushrooms, red wine, and beef base. Bring to a boil for ten minutes. Mix flour with a small amount of cold water, then add to pot along with red wine. Simmer for ten minutes.
Potatoes, large chunk	3 cups	
Carrots, large dice	3 cups	
Mushrooms, sliced	1 cup	
Red Wine	1 cup	
MAJOR BEEF BASE	4 oz.	
Flour	4 oz.	
Tarragon	2 tsp.	Add tarragon, thyme, pepper, cloves, and bay leaf. Simmer for thirty minutes. Remove bay leaf prior to serving.
Thyme	1 tsp.	
Black Pepper	1 tsp.	
Cloves, ground	1/4 tsp.	
Bay Leaf	1 leaf	



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