

Old-Time Beef Stew

Feeds 8 Scouts, 6 hungry scouts or leaders

Shopping List:

2 lb	Beef Stew Meat	½ Tsp. Pepper
2 Tbls	Vegetable Oil	½ Tsp. Paprika
2 Cups	Water	Dash Ground Allspice or
1 Tbls	Worcestershire Sauce	Ground Cloves
1 Clove	Garlic, peeled	3 Large Carrots Sliced
1 or 2	Bay Leaves	3 Ribs Celery Chopped
1 Med.	Onion, sliced	4 Potatoes peeled and cubed
1 Tsp.	Salt	2 Tbls. Cornstarch

Equipment:

12" Dutch Oven
Measuring Spoons
Large spoon to stir

Directions: Brown the meat in the oil in a 12" Dutch oven, add the water, Worcestershire sauce, garlic, bay leaves, onion, salt, sugar, pepper, paprika, and allspice. Cover and simmer for 1 ½ hours. Remove the bay leaves and garlic clove. Add carrots, celery, and potatoes. Cover and cook 30 to 40 minutes longer. Using a separate bowl, combine ¼ cup of water and cornstarch until smooth. Mix with a little hot liquid and return mixture to the pot, stir until bubbly. Serve with French bread and salad.