



Spicy Brown Beef Stew

TO PREPARE AND COOK: ABOUT 3 HRS.

- 2 lbs. beef for stewing (chuck, round, or brisket)
- $\frac{1}{2}$ cup flour
- 2 teaspoons salt
- $\frac{1}{8}$ teaspoon black pepper
- 3 tablespoons fat
- $\frac{1}{2}$ cup (1 medium-size) chopped onion
- 1 qt. hot water
- 1 tablespoon salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon Accent
- Few grains ground cloves
- 2 bay leaves
- 1 teaspoon Worcestershire sauce
- 1 teaspoon lemon juice
- 12 small onions
- 8 small carrots
- $\frac{1}{2}$ cup cold water
- $\frac{1}{4}$ cup flour

1. Set out a large, heavy kettle having a tight-fitting cover, or a Dutch oven.
2. Cut meat into $1\frac{1}{2}$ -in. pieces. Coat evenly with a mixture of $\frac{1}{2}$ cup flour, 2 teaspoons salt, and $\frac{1}{8}$ teaspoon pepper.
3. Heat fat in the kettle over medium heat. Add meat and brown on all sides, occasionally moving and turning pieces. When meat is browned, pour off the excess fat.
4. Slowly pour hot water into kettle. Add chopped onion and a mixture of salt, pepper, Accent, and cloves; add bay leaves, Worcestershire sauce, and lemon juice. Cover and bring rapidly to boiling. Reduce heat and simmer (do not boil) about $1\frac{1}{2}$ hrs., or until meat is almost tender.
5. Add onions and carrots to kettle. Cover and simmer 30 to 45 min. longer, or until meat and vegetables are tender.
6. With slotted spoon, remove meat and vegetables from stew to a hot dish; remove bay leaves.
7. Pour cold water into a screw-top jar; sprinkle flour onto water. Cover jar tightly and shake until well blended. Slowly pour one-half of mixture into cooking liquid, stirring constantly. Bring to boiling. Gradually add only what is needed of remaining flour mixture for desired gravy consistency. Bring to boiling after each addition. Cook 3 to 5 min. longer after final addition.
8. Return meat and vegetables to kettle and heat thoroughly. Serve with **Garlic-Buttered Noodles**.

About 8 servings
For Garlic-Buttered Noodles—Cook 8 oz. medium noodles according to directions on package. Drain and rinse. Put into a skillet $\frac{1}{2}$ cup butter and 3 cloves garlic, slivered. Heat over low heat until butter is melted; stir occasionally. Remove garlic. Blend in 1 teaspoon seasoned salt. Pour over noodles and toss lightly to coat evenly. Garnish with chopped parsley.