

LINEN WORLD: MOM'S BEEF STEW

From the Kitchen of: Corinne Birkholz

INGREDIENTS

2 1/2 lbs of beef stew meat
3 Tbsp butter
2 med onions, chopped
3 Tbsp flour
1-8 oz glass red cooking wine
1 clove garlic, chopped
1 bay leaf
1 package baby carrots, cooked
in boiling water
10oz mushrooms, sliced and
sautéed in butter till done

DIRECTIONS

Brown beef in 3 Tbsp butter. In a separate pan sauté onions. When they are done sautéing add 3 Tbsp flour and stir well. Add cooking wine and stir until smooth. Pour this into the pan with sautéed beef. Add garlic and bay leaf. If broth gets too thick add a little water or a little more red wine. Cook for two hours on low heat stirring occasionally. Add carrots and mushrooms. Cook for another 15 min or until meat is tender. Serve with homemade mashed potatoes. Enjoy!

