

WHAT'S COOKING?

DINNER TIME!!!

INGREDIENTS

Cubed beef stew meat
1/4 cup flour
1/2 tsp salt
3 tbsp olive oil
1 cup carrots
4 large potatoes, cubed
1 tbsp dried parsley
1 tsp pepper
2 cups boiling water
1 (1 ounce) package onion soup mix

BEEF STEW

3 tbsp margarine
3 onions, sliced
1/4 cup red wine
1/4 cup warm water
2 tbsp flour



DIRECTIONS

1. Place meat in plastic bag. Combine 1/4 cup flour with 1/2 tsp salt; pour into the bag with the meat, shake to coat.
2. Heat olive oil in a large skillet over medium-high heat. Add stew meat, & cook until evenly browned on the outside. Transfer to a slow cooker along with the carrots, potatoes, parsley, and pepper. In a small bowl, stir together 2 cups of boiling water & dry soup mix; pour into the slow cooker.
3. In the same skillet, melt margarine and saute onions until softened; remove to the slow cooker. Pour red wine into the skillet, and stir to loosen browned bits of food on the bottom. Remove from heat, and pour into the slow cooker.
4. Cover, and cook on high for 30 minutes. Reduce heat to low, and cook for 6 hours, or until meat is fork tender. In a small bowl or cup, mix together 2 tablespoons flour with 1/4 cup warm water. Stir into stew, and cook uncovered for 15 minutes, or until thickened.

INGREDIENTS

Fresh green beans
3 tbsp soy sauce
1 tbsp vinegar
1 tsp white sugar
2 tbsp sesame oil
2 tsp minced garlic

GARLIC STRING BEANS



DIRECTIONS

1. Place green beans in a pot with one inch of water. Bring to a boil, cover and cook for 5 minutes, they should still be firm & bright green.
2. In a small bowl, stir together the soy sauce, vinegar and sugar; set aside.
3. Heat the sesame oil in a large skillet over medium heat. Add garlic and cook until starting to brown. Add the green beans and stir to coat with the oil. Stir in the soy sauce mixture and simmer for a couple of minutes uncovered to reduce the sauce.
4. Transfer green beans to a serving dish and pour the sauce over them.