

BEEF STEW/CARAWAY

SIMMER 2 HOURS OR UNTIL MEAT IS TENDER

3- LB CHUCK, SIRLOIN OR TIP ROUND, CUT INTO 1 IN. CUBES.

1- TBL SPOON, OLIVE OIL

1- ONION, SLICED

2- TBL, SWEET PAPRIKA

1- TBL, CARAWAY SEED

1- TBL, MARJORAM

2- TSP, SALT

½- LEMON, (JUICE)

1- TSP, MINCED GARLIC

½- CUP, DRY RED WINE

1- TBS, FLOUR

1- TBL, TOMATO PASTE

* DASH PARSLEY

1- PKG, MCCORMICK'S ONION BROWN GRAVY MIX, (OPTIONAL)

STEP 1

ADD MEAT TO HOT OIL, BROWN ALL SIDES. MIX IN ONIONS AND HALF THE PAPRIKA, CARAWAY, MARJORAM, SALT AND LEMON JUICE. ADD GARLIC AND WINE. STIR OCCASIONALLY, SIMMER UNCOVERED, 2- HOURS, OR UNTIL MEAT IS TENDER.

STEP 2

BLEND IN REMAINING INGREDIENTS, SIMMER 15- MIN. LONGER. GARNISH WITH PARSLEY.

PREP TIME=0:40

COOK TIME=2:15

Marta Zacek