



TIPSY FOODS

COOK A LITTLE TIPSY

Beef Stew

Ingredients

- 1 ½ pounds stew meat.
- 2 medium onions chopped.
- 1 Tbsp [Tippy Foods Beef Seasoning](#).
- ½ cup flour.
- Dash of [Tippy Foods Seasoning Salt](#).
- 2 cloves garlic chopped
- 8 small red potatoes
- 6 medium carrots cut in ½ inch pieces.

Makes 4 servings



Instructions

1. Heat grill or oven to med heat 350 degrees.
2. Place stew meat and flour in bowl and lightly coat.
3. In a skillet, lightly brown coated stew meat.
4. In a Dutch Oven put browned stew meat, garlic, onions, Beef Seasoning, and a dash of Seasoning salt and cover with water.
5. Place on Grill or in oven and cook for 2 hours.
6. Remove from grill or oven and add carrots and potatoes, if needed add additional water.
7. Return to grill or oven and cook for an additional hour or until carrots and potatoes are tender.

Serve and enjoy