

Beef Stew

1-2 lbs Beef cut into bite size pieces	1 onion
1 lb ground beef (or turkey)	4-5 stalks celery
2 Tbls white flour	2 (1 can) cups beef broth
3 potatoes	2 Tbls parsley chopped
1-2 carrots	salt and pepper to taste
Water - approximately 8 cups	

Peel and cut all vegetables into bite size pieces. Chop onion into smaller pieces. Begin browning beef pieces in stew pot. When they are about half done, add ground beef and onion. Continue browning until meat is completely cooked. Add salt, pepper and sprinkle with flour. Stir flour into meat and continue to cook until meat starts to brown. Slowly pour in beef broth and stir. Once broth is bubbling add all other ingredients. Cover with water, bring to boil and continue boiling until vegetables are tender (around 30-45 minutes).

Serve with dinner rolls or chewy bread.

You can add other vegetables as you like, but this gives you the basic recipe