**Beef Stew**

**Ingredients:**

4 oz. butter

20 oz. beef stew meat

1/3 cup flour

1 tsp. salt

½ tsp. pepper

1 onion, medium dice

1 carrot, medium dice

1 parsnip, medium dice

3 oz. butter

¼ cup flour

¼ cup tomato paste

1 sprig rosemary

1 qt. veal stock

Salt and pepper to taste

**INSTRUCTIONS**

**Wednesday:**

1. Mise en place all ingredients.
2. Put them on a tray, with this recipe and your group assignments, and put in the cooler.

**Thursday:**

1. Mix the salt and pepper with the 1/3 cup flour. Toss the beef in it to coat the meat.
2. Over medium heat, cook the meat in the 4 oz. butter until it is brown on all sides. You will have to do this in batches, so don’t put everything in the pan at once.
3. Cut up all of your veggies today.
4. Once the beef is done cooking, put it in as small of a bowl as it will fit in.
5. Put everything back on your tray with your recipes, and put in the cooler.

**Friday:**

1. In a large pot over medium high heat, sauté the onions, garlic, parsnip, and carrot in the 3 oz. butter until they are soft; about 7 minutes.
2. Add the cooked beef from yesterday and the rosemary to the pot. Cook for another 2-3 minutes.
3. Add the ¼ cup flour and tomato paste and cook for another minute.
4. Pour in the veal stock. Stir until everything is well mixed, and the flour had dissolved into the stock.
5. Bring the mixture to a simmer and cook for about 6 minutes.
6. Season to taste.
7. Enjoy.