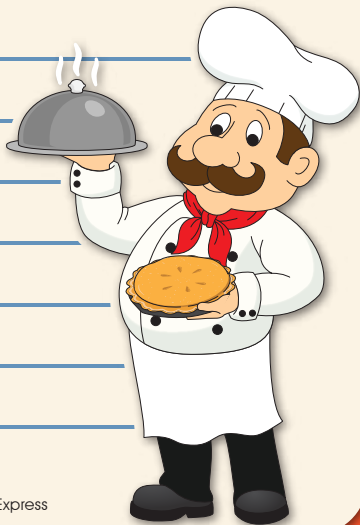


Grocery List

- beef chuck roast
- all purpose flour
- olive oil
- garlic cloves
- beef stock
- onions
- dried thyme
- black pepper
- carrots
- potatoes
- peas
- sugar cookie dough
- chocolate chips
- maraschino cherries
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Hearty Beef Stew

Ingredients:

- 1 lb beef chuck roast (cubed)
- 3 T. all purpose flour
- 2 T. olive oil
- 2 cloves garlic (minced)
- 1 3/4 cups beef stock
- 2 medium onions (cut)
- 1/2 tsp. dried thyme leaves (crushed)
- 1/4 tsp. ground black pepper
- 2 cups carrots (chopped)
- 2 medium potatoes (cubed)
- 1/4 cup water
- 1 cup frozen peas (optional)

Have children wash their hands so they can help you prepare some hearty beef stew to keep warm on a chilly day! Invite them to help wash vegetables, measure ingredients, and stir throughout the recipe. Season cubed beef as desired. (Remember to cut food items into smaller pieces for children to prevent choking.) Coat beef pieces with 1 T. flour. Heat oil in a saucepan and cook over medium-high heat. Add beef, and cook until all sides are well-browned. Add garlic, and cook for about one minute.

Stir in beef stock, onions, thyme, and black pepper. Heat until boiling. Reduce heat to low, and cover. Cook for about 1 1/2 hours. Add carrots and potatoes. Cover and cook about 30 minutes or until meat and vegetables are tender. In separate bowl, stir remaining flour and water. Add to the saucepan. Increase heat to medium. Add frozen peas and stir. Cook and stir occasionally until mixture boils and thickens. Let cool slightly.

Snowman Cookies

Ingredients:

- refrigerated sugar cookie dough
- chocolate chips
- maraschino cherries

Have children wash their hands. Give each child a ball of refrigerated sugar cookie dough. Have the children separate their balls into two or three smaller balls. Allow children to flatten the balls on a cookie sheet, overlapping them to make a snowman shape. Encourage them to add chocolate chip eyes and buttons and a wedge of maraschino cherry for the mouth. Bake the cookies according to the package directions. Enjoy with a glass of milk.