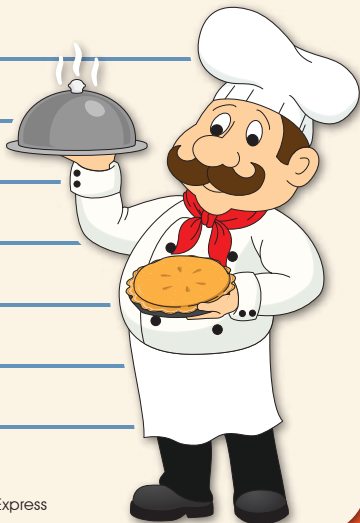


# Grocery List

- beef chuck roast
- all purpose flour
- oil
- garlic cloves
- beef stock
- onions
- dried thyme
- pepper
- carrots
- potatoes
- frozen peas
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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. Remind children that the stove is hot and should only be used by an adult. As you measure items, talk about how much of each ingredient is needed.

Season the 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 a 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, and serve.