



**WATCH THE GRILL SERGEANTS EVERY MONDAY
AT NOON EST**

“Beef Stew”

**lean beef, diced
water
diced, canned, drained tomatoes
salt and pepper
garlic powder
ground thyme
whole dried bay leaf
sliced carrots
sliced celery
quartered onions
chopped potatoes
wheat flour**

Place beef, water, tomatoes, salt, pepper, garlic, thyme and bay leaves in stock pot. Bring to a boil; reduce heat; cover. Simmer 1 hour 40 minutes or until tender. Add carrots; cover; simmer 15 minutes. Add celery, onions, and potatoes. Cover; simmer 20 minutes or until vegetables are tender.

Remove bay leaf. Combine flour and water. Add to stew while stirring. Cook 5 minutes or until thickened.