



**NEW EPISODES
MONDAYS
AT NOON EST**

"Beans Recipes" Butter Beans and Steak

**1 lb lean steak
2 cans butter beans (15 ounces each)
1 lg. onion, chopped
4 cloves garlic, chopped
1/2 green pepper, chopped
1 rib celery, chopped
1/4 cups cooking oil
1/3 cups all-purpose flour
Salt and pepper to taste
2 or 3 cups water**

Sauté ground meat in skillet. Drain grease and set aside.

In heavy saucepan, add oil when it becomes hot, but not smoking, add the flour to make roux. Stir quickly and constantly to avoid burning. Lower heat when roux starts to turn brown, stirring constantly. When the roux is a dark brown color, and becomes shiny, add the onion, green pepper and garlic. Cook on low heat until vegetables are tender. Add the beans, ground meat and some of the water. Cook on medium high heat for about 1 hour adding more water as needed. Serve on rice or mashed potatoes.