

## CAROL'S BROWN STEW

### Ingredients

1. 2 pounds of lean beef -- cut into cubes
2. 2 tablespoons olive oil
3. 4 cups water -- boiling
4. 2 tablespoons whole wheat flour
5. 1 teaspoon lemon juice
6. 1 teaspoon Worcestershire sauce
7. 1 clove garlic -- minced
8. 1 medium onion -- sliced
9. 2 bay leaves
10. 1 tablespoon salt
11. 1 teaspoon pepper
12. 1/2 teaspoon paprika
13. Dash allspice or cloves
14. 1 tablespoon sucanat with honey
15. 6 carrots -- quartered
16. 1 pound small onions
17. 2 potatoes -- cubed

### Instructions

1. Thoroughly brown meat on all sides in oil. Add water, flour, lemon juice, Worcestershire sauce, garlic, onion, bay leaves and seasoning. Simmer 2 hours. Stir occasionally to keep from sticking. Add carrots, onions, and potatoes. Cook till done. Makes 6-8 servings.  
Very good on a cold winter day.