



RICE BEEF STEW

- 2 1/2 Pounds Beef
- 1/2 Cup Flour
- 1 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 6 Tablespoons Fat
- 1/2 Medium Onion
- 2 Cloves Garlic, Minced
- 4 Cups Boiling Water
- 3 Cups Tomatoes
- 2 Tablespoons Salt
- 1 Teaspoon Worcestershire Sauce
- 18 Small White Pearl Onions, Peeled and Quartered
- 7 Carrots, Peeled and Cut in 2 Inch Strips
- 2 Cups Peas
- 1 Cup Uncooked Rice

DIRECTIONS

1. Cut meat into 1 1/2 inch cubes.
2. Combine flour, salt and pepper.
3. Coat meat with flour mixture.
4. Melt fat in a Dutch oven.
5. Add meat and brown.
6. Add diced onions, garlic, boiling water, tomatoes, salt and Worcestershire.
7. Cover and simmer 2 hours.
8. Add pearl onions and carrots.
9. Cook 20 minutes.
10. Add peas and rice.
11. Cook 15 minutes.