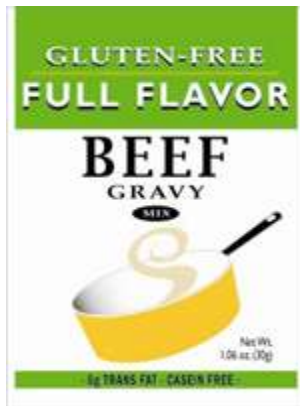


FULL FLAVOR FOODS



HUNGRY MAN'S BEEF STEW



- 1 package of Beef Gravy Mix
- 2 tsp. Red Wine Vinegar
- ½ tsp. dried Thyme
- ¼ tsp. garlic powder
- 1 bay leaf
- 1 lb. ground beef or beef tips
- ½ C onion, diced
- ½ C celery, diced
- ½ C carrots, diced

In a medium pot, prepare 1 package of **Beef Gravy Mix** according to directions. Add 2 tsp. Red Wine Vinegar, ½ tsp. dried thyme, ¼ tsp. garlic powder and 1 bay leaf. Simmer. Add 1 lb. cooked and crumbled Ground Beef (or 1 lb. Beef tips, browned in oil). In a separate pan, sauté ½ C diced onion, ½ C diced celery and ½ C (¼ inch cut) small diced carrots until tender. (Frozen vegetables may also be used and/or cooked in microwave as directed). Add vegetables to beef gravy. Simmer 15-20 min. Serve over rice, GF pasta, bread, biscuits or potatoes.

Additional vegetables like corn, potatoes, peas, green onions, tomatoes, mushrooms and lima beans be added if desired. Other favorite seasonings can be added to enhance flavor.

Makes approximately 4 – 8oz servings.