

Perfect recipe for  
collective kitchens

# Beef and Vegetable Stew



**To calculate the amount needed for each ingredient:** Amount of the basic recipe X Number of recipes = Total Amount

Ingredient	Amount	Number of recipes	Total amount
Stewing beef	750 g (1 ½ lb)		
All-purpose flour	45 ml (3 tbsp.)		
Small onions	6		
Large potatoes, cut into large dices	2		
Large carrots, cut into thick slices	3		
Garlic cloves, thinly sliced	3		
Turnips, diced	500 ml (2 cups)		
Water	750 ml (3 cups)		
Beef broth	300 ml (1 ¼ cup)		
Tomato sauce can	1		
Dried thyme	5 ml (1 tsp.)		
Dried oregano	2 ml (½ tsp.)		
Pepper and salt, to taste			
Bay leaf	1		

**PORTIONS FOR THE BASIC RECIPE: 8**  
**PREPARATION TIME: 30 MIN**  
**COOKING TIME: 3 H**

## Preparation

- Trim all the visible fat from the beef; cut it into 2.5 cm (1-inch) dices.
- In a big saucepan or stewpot, coat the beef with flour.
- Add the onions, potatoes, carrots, garlic, turnips, water, beef broth, tomato sauce, thyme, oregano, pepper and bay leaf; mix thoroughly.
- Cover and cook in the oven at 325 °F for 3 hours; stir occasionally.
- Remove the bay leaf.

Source : [Recettes du Québec](#)

