

Notes from the Kitchen...
"This is one of my family favorites.
Please enjoy!"
Laura -the Apple Tree Cook

Beef Ragout

2/3 cup flour
1 teaspoon salt
½ teaspoon pepper
*3 lb (approx) chuck roast cubed**
3 Tablespoon olive oil
1 cup chopped onion
1 cup chopped green pepper
2 stalks of celery chopped
1 28 oz can crushed tomato
8 oz beef stock
2 teaspoon paprika
1 Tablespoon Worcestershire
1 Tablespoon chop parsley
2 cloves garlic crushed
1 12oz beer or 12 oz water

Combine flour, salt & pepper in bag - shake beef cubes in flour.
Brown beef in oil in large skillet, remove meat, sauté onion, pepper & celery for 2 min. Stir in remaining flour; slowly add stock, beer & remaining ingredients. Cook until blended-pour over beef cubes in large casserole & bake uncovered at 325 degrees for 2 hours.
Serve over noodles.

**If too busy to cube meat just leave whole & follow same directions.*

Another favorite...

Tomato Dressing

*½ cup+ 1 Tablespoon catsup
1/3 cup water
¼ cup sugar
¼ cup white vinegar
2 Tablespoon olive oil
¼ teaspoon paprika
¼ teaspoon black pepper
¼ teaspoon garlic powder
1/8 teaspoon cayenne pepper
¼ teaspoon onion dried
Pinch dried thyme*

Combine ingredients in small pan over medium heat. Bring to a boil, turn down low, simmer uncovered for 5 minutes. Cool-cover & refrigerate to chill. Mix with any raw vegetable or combo of cooked chilled potato & raw vegetables.