

Product Name: Beef Kabob Stew

Teacher's Name: Mrs. Brianne Willson

School Name: Camden Middle School

Grade: 5th Grade

**Contact Information: Camden Middle School
32 Union Street,
Camden, New York 13316
(315)245-0080**

Stew photo from iStock

(By: Team Beef 4 Days):

Did You Know: Beef is healthy for you?

Beef is loaded with vitamins and minerals.

Here's a few:

Vitamin B12

Selenium

Iron

Niacin

Vitamin B6

Phosphorus

Zinc and many more!

Beef Kabob Stew

Need to fill up fast? Eat some Beef Kabob Stew! It's healthy and delicious!

You Need This In Your Belly!



BEEF KABOB STEW

Ingredients

- 1 pound of beef stewing meat, trimmed and cut into inch cubes
- ¼ teaspoon freshly ground pepper
- ⅓ cup all-purpose flour
- 5 teaspoons vegetable oil
- 2 tablespoons red wine vinegar
- Half a cup of red wine
- 3 cups beef broth, homemade or low-sodium canned
- (decoration:) 2 parsley leaves and one stick of chives (minced)
- 1 medium onion minced
- 4 medium carrots, peeled and cut into 1/4-inch rounds
- 2 large baking potatoes, peeled and cut into 3/4-inch cubes
- 3 teaspoons salt

© Team Beef 4 Dayz Recipe

Eat Meh Stew! That's Why You Need To Eat Our Stew! It's Healthy!