

Our Daily Bread ... Beef Stew Recipe

2 lbs. beef cubes (small) / (or ground beef may be used)

Salt & Pepper

1 medium onion, chopped

5 medium potatoes (peeled and cut up)

4 carrots (peeled and cut up)

1 pkg. frozen cut green beans

1 bouillon cube

2 tablespoons flour

1 1/2 cups water

Brown the meat, add salt & pepper and onion. Let simmer about 1/2 hour or until tender. Add vegetables, bouillon, and 1 cup of water and simmer until done. Mix 2 tablespoons of flour with 1/2 cup of water, add to thicken until desired consistence. Place in casserole pan. Cover with aluminum foil and Freeze.

Please label casserole: Saint Margaret Church, and include your name.

Please deliver casseroles to the school kitchen between 8:00 am and 3:00 pm, Monday through Friday, or to the Parish Office between 9:00 am and 7:00 pm, Monday through Thursday, and between 9:00 am and 4:00 pm on Friday. Volunteers deliver casseroles to *Our Daily Bread on the 4th Saturday of each month.*

The aluminum casserole pans are available in the church or the Callahan Center or the parish office. If you have any questions, please call the parish office, 410-838-6969.

Thank You for helping.