



## BEEF STEW WITH WALNUTS

6 SERVINGS

<i>2 lbs. cubed lean stew beef</i>	<i>2 medium green peppers de-seeded and cubed</i>
<i>2 Tbsp. corn oil</i>	<i>2 Tbsp. flour</i>
<i>2 large onions peeled and cubed</i>	<i>Pinch of thyme</i>
<i>2 cloves of garlic peeled and finely chopped</i>	<i>Pinch of marjoram</i>
<i>4 carrots peeled and cubed</i>	<i>1 cup dry red wine</i>
<i>4 stalks of celery peeled and cubed</i>	<i>2 cups beef bouillon</i>
	<i>6 oz. walnut-halves</i>

Brown meat on all sides in iron skillet in corn oil, add onions, garlic, and salt to taste. Brown onions lightly. Transfer meat into a casserole dish or Dutch oven.

Place over medium heat, add flour, stir well; add thyme, marjoram, red wine and beef bouillon. Simmer for 1 hour covered, stirring from time to time.

Add carrots, celery and green pepper, stir carefully with rubber spatula. Simmer for  $\frac{1}{2}$  hour more or until meat and vegetables are tender. Test stew for flavor, spoon beef stew into serving dish and sprinkle with walnuts and serve.