

## English Brown Stew

Jeanette Alwood Rousseau - The Bar U Ranch, Pekisko, Alberta

Jeanette was raised on the historic Bar U Ranch where her father Stu Alwood was the ranch foreman. This stew was a favorite with the Alwood family during the 1940's.

SERVES 4

2 lbs stewing beef

flour, salt and pepper

oil

1 clove garlic

½ tsp paprika

½ tsp ground allspice

1 tsp sugar

1 tbsp lemon juice

1 tsp Worcestershire

2 cups tomato juice

2 onions

5 potatoes, medium

4 carrots

¾ cup celery, diced

• Dredge stewing beef in flour, salt and pepper. Brown in oil. Add remaining ingredients and simmer on low heat for 1 to 2 hours.

