

Beef Pot Pie

Alfred I Graden

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*3 tablespoons oil
1 pound lean beef, cut into
one-inch cubes
3 cups water
1 bay leaf
1/4 teaspoon pepper
1/2 cup flour
1 cup carrots, cut up
1 1/2 cups potatoes, diced
1 1/2 cups onions, chopped
3/4 cup frozen peas, thawed
salt (to taste)
3 or 4 shakes garlic salt*

Put oil in a Dutch oven or other deep fry pan. Add the beef and brown. Remove the meat. Add the onions to the pan. Cook until tender. Remove the onions and drain. Remove most of the oil from the pan with a paper towel. Return the meat and onions to the pot, along with 2-1/2 cups of water, a bay leaf, salt and pepper. Bring to a boil and simmer to cook the meat. Shake on garlic salt.

When the meat is cooked, add the carrots and potatoes (with more water, if needed). Continue simmering until the potatoes are cooked. Add the peas and cook another 3 or 4 minutes to warm the peas. Remove the bay leaf.

In a bowl, mix the flour with 1/2 cup of cold water. Blend. Mix with water in the pan and cook to thicken.

Serve over baking powder biscuits.

Per Serving (excluding unknown items): 1977 Calories; 108g Fat (49.1% calories from fat); 110g Protein; 140g Carbohydrate; 22g Dietary Fiber; 277mg Cholesterol; 6582mg Sodium. Exchanges: 7 Grain(Starch); 12 1/2 Lean Meat; 6 Vegetable; 13 Fat; 0 Other Carbohydrates.