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# Sweet and Sour Beef Stew

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**1/4 cup flour**  
**1 teaspoon salt**  
**dash pepper**  
**2 pounds beef stew meat, cut in one-inch cubes**  
**1/4 cup cooking oil**  
**1 large onion, coarsely chopped**  
**3/4 cup water or beef bouillon**  
**1/2 cup ketchup**  
**1/4 cup brown sugar**  
**1/4 cup vinegar**  
**Worcestershire sauce**  
**3 carrots (approx. three cups), cut in 3/4 inch pieces**

In a bowl, combine the flour, salt and pepper. Coat the meat with the mixture.

In a skillet in hot oil, brown the meat. Add the onion. Simmer. In a bowl, combine the water or bouillon, ketchup, brown sugar, vinegar and a little Worcestershire sauce. Stir into the browned meat.

Cover and cook over low heat for 45 minutes. Stir once or twice. Add the carrots and more liquid if needed. Cook for 45 minutes longer.

Serve over rice or noodles.

Yield: 4 to 6 servings

## **Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 2441 Calories; 133g Fat (49.9% calories from fat); 197g Protein; 105g Carbohydrate; 4g Dietary Fiber; 499mg Cholesterol; 4109mg Sodium. Exchanges: 1 1/2 Grain(Starch); 28 Lean Meat; 1 1/2 Vegetable; 11 Fat; 4 1/2 Other Carbohydrates.*