

Karl Eatery's Famous Ground Steak Stew Makes about 1 1/2 quarts  
1 pound ground chuck 1/2 cup chopped onions 1/2 cup chopped celery 1/2 cup chopped carrots 2 tablespoons crushed garlic 1/2 cup sliced red bell peppers 1/2 cup butter or margarine 1 cup all-purpose flour 1 quart plus 1 cup water 1 teaspoon monosodium glutamate (such as Accent)(optional) 1/2 teaspoon pepper 1 tablespoon beef base paste (such as McCormick's Beef Base) 1 cup chopped roma tomatoes 1 1/2 teaspoons browning sauce, such as Kitchen Bouquet 1 cup frozen mixed vegetables  
Cook ground chuck with the garlic in a skillet over medium heat until meat is well-browned; drain and set aside.

Place chopped onions, bell pepper, celery and carrots in a small saucepan; add water just to cover. Heat to boiling and boil just until vegetables are crisp-tender; drain and set aside.

Melt margarine in a 2-quart saucepan over medium heat. Stir in flour and blend until smooth. Gradually stir in 1 quart plus 1 cup water. Cook, stirring, until hot, smooth and thickened. Stir in monosodium glutamate, pepper, beef base and tomatoes. Cook 1 minute, stirring constantly. Stir in browning sauce, frozen mixed vegetables, cooked vegetables and browned meat. Cover and cook over medium heat 30 minutes, stirring occasionally.

This recipe is the property of Karl's Eatery ( 1996 )