

Civil War Commissary Beef Stew

Yield: 8 min
Total Time: 225 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-stew-civil-war-recipe>

Ingredients:

- 2 pounds beef stew meat cut into 2-inch chunks
- 2 tablespoons pork fat or lard, vegetable oil can be subbed to make kosher
- 3 quarts water
- 4 medium potatoes peeled and cut into large chunks
- 3 large carrots peeled and cut into large chunks
- 2 onions peeled and cut into large chunks
- 2 parsnips peeled and sliced
- 1 leek trimmed, sliced, and rinsed clean
- 1/4 cup flour
- salt
- pepper
- 1 tablespoon vinegar

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 85 milligrams
4. Fat: 27 grams
5. Fiber: 6 grams
6. Protein: 23 grams
7. SaturatedFat: 11 grams
8. Sodium: 210 milligrams
9. Sugar: 5 grams

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