

# SAVOR INDIANA RECIPES



## Apple Beef Stew

### INGREDIENTS

- 2 lbs. Boneless chuck roast, cut into 1 ½ inch cubes
- 2 T all-purpose flour
- 1/8 tsp salt
- 2 c water
- 2 T apple juice
- 2 Bay leaves
- 2 whole allspice
- 2 whole cloves
- 2 medium carrots, sliced
- 2 medium apples, peeled and cut into wedges



From The Kitchen of  
Bread Basket Bakery & Café  
Danville, Indiana From  
"Happenin' Hendricks County"

### DIRECTIONS

1. In large skillet or Dutch oven over medium heat, brown beef in butter. Add onions and cook until lightly browned. Sprinkle with flour and salt.
2. Gradually add water and apple juice. Bring to a boil; cook and stir for 2 minutes. Place bay leaves, allspice, and cloves in a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag; add to pan.
3. Reduce heat; Cover and simmer for 1 ½ hours or until meat is almost tender. Add carrots and apples. Cover and simmer 15 minutes longer or until meat, carrots, and apples are tender. Discard spice bag. Thicken if desired.

*Serves 4.*