

Supper—Monday

WASH HANDS BEFORE ALL FOOD PREPARATION

NOTE: THESE QUANTITIES ARE FOR ONE DUTCH OVEN

Food List

2-3 CUPS CUBED BEEF
1 CUP CHOPPED ONION
3-4 LARGE SLICED CARROTS
4-5 PEELED AND DICED POTATOS
4 CANS PEAS
1 PACKAGE BROWN GRAVY MIX

Utensils

1 DUTCH OVEN

Preparation

Read complete instructions TWICE before starting.
Serve ALL the food you have been issued.

Cooks

1. Heat the Dutch oven. Use 5 capfuls of cooking oil on bottom of Dutch oven and lightly brown the stew beef. Fill oven with water to boil. When boiling add onions, carrots and potatoes. Stir and cover until vegetables are done. (Check the carrots, they will take the longest to cook., about 1 hour). Drain all liquid from peas. When vegetables are done add the peas and stir. Add the gravy mix. Stir. Remove from heat.