

STEW

10 SERVINGS

INGREDIENTS

AMOUNT

Protein	1 ½ lb
Salt	¼ tsp
Pepper	¼ tsp
Fat	1 tsp
Flavor 1	2 tbsp
Flavor 2	2 tbsp
Vegetable	1 ½ lb
Seasoning 1	½ tbsp
Seasoning 2	½ tbsp
Non Pasta Starch	1 lb
Liquid 1	1 cup
Liquid 2	1 ½ cup
Corn Starch	2 tbsp
Water	½ tbsp
Garnish	1 ½ oz

INSTRUCTIONS

1. Marinate protein, salt, pepper, fat.
2. Heat a large skillet.
3. Render off protein until browned.
4. Add vegetables, starch, and seasonings.
5. Cook until the vegetables are translucent.