

## **Gold Rush Stew**

This is good tasting and uses some unusual ingredients. I made this recipe for a cookbook picture and found it delicious. I hope you try it for your family.

1-1/2 lb. beef, cubed  
1 Tb. oil  
1 large onion, sliced  
3 Tb. all-purpose flour  
  
1 ( 28 oz.) can whole tomatoes, sliced  
1 to 2 bay leaves  
1/4 tsp. paprika  
2 Tb. wine vinegar  
3 cups water  
  
2 cups sliced carrots  
3/4 cup pitted prunes  
1/3 cup raisins

salt and pepper



Fry beef in oil in 4-quart Dutch oven until brown, if fatty, drain off fat.  
Add onion and cook 5 minutes more.  
Add flour and brown flour slightly.  
Add tomatoes, bay leaves, paprika, vinegar, and water. Stir soup well.  
Cover and simmer until boiling.

Add carrots, and simmer for 1 hour.  
Add prunes and raisins. Simmer 15 minutes more.

Salt and pepper to taste; serve.

Yield: 6 servings.

NOTE: We were amazed to see the gold in the picture.