

## Beef Stew for 100

- 30 pounds beef, diced
  - $\frac{1}{2}$  cup salt
  - $1\frac{2}{3}$  tablespoons garlic powder
  - 2 $\frac{1}{2}$  gallons hot water
  - 1 tablespoon ground thyme
  - 8 pounds fresh carrots, cleaned and sliced
  - 10 pounds fresh potatoes, cleaned and chopped coarsely
  - $1\frac{1}{2}$  quarts cold water
  - 2 cups flour
  - 2 tablespoons black pepper
  - 2 cups oil
  - 1 No. 10 can crushed tomatoes
  - 4 bay leaves
  - 1 gallon chopped celery
  - 1 gallon chopped onions
  - 3 tablespoons salt
  - $4\frac{1}{2}$  cups flour
- Rice:**
- 9 pounds long grain rice
  - 3 tablespoons salt
  - 2 $\frac{3}{4}$  gallons cold water
  - 3 tablespoons salad oil

Dredge beef cubes in a mixture of the 2 cups flour, salt, pepper, and garlic powder. Shake off excess mixture and brown in hot oil. Add water, tomatoes, thyme, and bay leaves to the browned meat. Bring to the boiling stage, lower heat to simmer, and cook for 2 hours.

Add carrots and continue to cook for 15 minutes. Add celery, onions, potatoes, and salt. Stir to mix. Cover and continue cooking for an additional 20 minutes, or until vegetables are tender. Remove bay leaves. If necessary to thicken gravy, combine  $4\frac{1}{2}$  cups flour and cold water. Add a bit to the stew while stirring. Cook for 5 minutes. If still not thick enough, add additional flour/water

liquid and repeat the process. Adjust seasonings as necessary.

To cook the rice, combine all ingredients in a large pot. Bring to a boil, stirring occasionally. Reduce heat to simmer, cover tightly, and simmer for 20 to 25 minutes. DO NOT STIR. Remove from heat and transfer to holding pans until ready to use.

If oven space is available, rice can be cooked there just as easily. You would use boiling water instead of cold, and would need 3 4-inch deep steam table pans. Divide the ingredients between the steam pans. Stir well, cover, and bake at 350 degrees in a preheated oven for 30 to 40 minutes.

Lest we all forget, there are still a lot of folks trying to recover from the effects of the hurricane. For those of you who might have an hour or so to devote, why not consider joining your neighbors and friends in one of the many shelters, food banks or numerous other service groups in the area. I can assure you, any time you can give will be appreciated.

To the many volunteers from this community and caring friends from outside, we applaud your efforts. Thanks for being a part of our family.

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Rice