***Beef Stew***

Many women suffering weakness and insomnia during or after menstruation.  Most of   
them are due to 'blood deficiency'.  This beef stew is rich in iron to help you gain your   
blood back faster, so you feel sharper, better and stronger.  
  
**Ingredients:**A. 1 lb grounded beef, 1 carrot diced to 3/8 inch cubes, 1/6 onion diced to 1/2 inch   
cubes.  
B. 1.5 tbsp soy sauce, 1/2 cup water, 1 tbsp cooking wine (optional).  
  
**Instructions:**1. Put all the ingredients in a slow cooker, use high temperature to boil, and then use   
low temperature cook them over night.  
2. Or, if you want to use a normal pan, add 1 tbsp oil, double the water, cook it in   
medium temperature for 20 minutes or until the carrots soft.  
  
Serve 3 people.