

LOUISIANA BEEF STEW



3 T all-purpose flour
1 t salt
1/2 t celery salt
1/4 t garlic salt
1/4 t black pepper
1/2 t ground ginger
3 pounds round roast, cut in 2 inch cubes
2 T bacon fat or shortening
1 16 oz can tomatoes
3 medium onions, sliced
1/3 cup red-wine vinegar
1/2 cup molasses
6 - 8 carrots, cut in diagonal 1 inch pieces
1/2 cup raisins

Hot cooked rice

Combine flour, salt, celery salt, garlic salt, black pepper and ginger, and sprinkle on beef cubes. Brown in hot bacon fat in a large heavy kettle or Dutch oven. Add tomatoes, onion, vinegar, molasses and 1/2 cup water. Bring to a boil, cover and simmer about 2 hours.

Add carrots and raisins and simmer 30 minutes longer, or until carrots are tender. Serve with rice. Corn bread and green salad are good side dishes, if desired.

Makes 8 to 10 servings.