

Czech Stew

1 1/2 pounds stew meat
3 Tbsp. flour
1/4 tsp. paprika
1 tsp. salt
pepper to taste
3 Tbsp. oil
1 tsp. caraway seeds
4 or 5 potatoes, quartered
onion to taste
2 cups water (approx.)

Mix first 5 ingredients in a plastic bag.

Add meat, a few pieces at a time, shake well to coat, and add to preheated oil.

Brown, turning until all sides are browned evenly.

Remove from pan and drain oil.

Add water to drippings in pan and stir until all mixed in with water.

Add meat and caraway seeds, simmer for about 1 hour.

Add potatoes and simmer until potatoes are done.

Contributed by: Barbara Lawrence