Beef with Rice and Vegetables

Makes: 12-14 servings

Ingredients

- 1 ½ or 2 pounds beef (stew meat)
- ½ cup flour
- 6 slices of bacon
- 6 cups boiling water
- 1 large onion
- 6 cloves
- 1 cup tomatoes
- 3 teaspoons salt
- ¼ teaspoon pepper
- 1 small bay leaf
- lemon peel
- ½ cup uncooked rice
- 1 cup celery
- 1 cup diced carrots

Directions

1. Pound the flour into the meat and cut it into 1-inch cubes.
2. Cut the bacon into fine pieces and fry it for a few minutes in a large deep pan.
3. In the bacon fat thus obtained, brown the beef, turning it constantly; then add the boiling water, cook the mixture for a few minutes, and turn it into a large cooking pot.

4. Add the onion, into which the cloves have been stuck, the tomatoes, the salt, the pepper, the bay leaf, and the lemon peel.
5. Cover the kettle and simmer this mixture for an hour. Then, add the rice, the celery, and the carrots; simmer for 45 minutes.
6. Serve hot on a platter.

Recipe from: *Rice as Food*, 1926, adapted by the USDA Food and Nutrition Administration.

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