

Big Billy liked to cook and he also liked to eat, apparent by his weight of three-hundred pounds. A connoisseur of many cuisines, his favorite was Mexican, and not necessarily the Tex-Mex variety served almost everywhere in the southwest United States.

Here is a recipe for a very hearty beef stew derived from the highlands of southern Mexico and brought to the States by immigrants.

Ingredients

- 1 1/2 lb. beef, cubed
- 1/4 c. all-purpose flour
- 1 1/2 teaspoon garlic powder
- 2 tablespoons vegetable oil
- 1/4 c. soy sauce, naturally brewed
- 3 carrots, medium, 1" pieces
- 2 tomatoes, medium, chopped coarsely
- 2 onions, medium, chunked
- 1 can whole kernel corn (8 oz.) drained
- 1 1/2 teaspoon oregano, crushed
- 1/2 teaspoon cumin, ground

Directions

Coat beef cubes with mixture of flour and garlic powder, reserving excess. With hot oil, brown beef in large pan. Stir in soy sauce and 1 1/4 c. water. Cover and bring to a boil. Reduce heat and simmer 1 1/2 hours, stirring occasionally.

Add carrots; simmer covered for 15 minutes. Stir in tomatoes, onions and pepper; simmer 25 minutes, or until vegetables are tender. Stir in corn, oregano and cumin; simmer 5 minutes. Combine reserved flour mixture with 3/4 c. water.

Stir into meat mixture, bring to boil and cook until slightly thickened. Enjoy.