

1940s

# Hearty Green Stew



## Ingredients

- 1 cup water
- 1 lb beef (no sinews)
- ½ teaspoon of salt
- 1 whole black pepper
- 1 cup of lettuce leaves, packed tight
- 1 small onion
- 2 small stalks celery and leaves
- Beet tops of 1 young beet
- ½ cup tomatoes
- ½ teaspoon curry powder

## Directions

Cut beef into 1" squares. Blend a few pieces at a time, gradually feeding onion into glass container while blending beef. As you are blending the beef it will be necessary to remove the blended portion and then proceed as before. Sauté this in 2 tablespoons of butter or shortening. Blend the remaining ingredients. Combine and bring to a rolling boil. Steep until cool. Reheat to eating temperature.