

## Beef Stefatho

This popular Greek dish is perfect for lean cuts like round or shoulder.

2 lbs. lean beef	1 cup tomato sauce
2 lbs. small onions	½ cup wine OR
¼ tsp. allspice	2 tbsp wine vinegar
1 tsp. pickling spice tied in a clean cloth OR	4 tbsp olive oil
¼ tsp. ground clove	2 tsp. salt
2 bay leaves	¼ tsp. pepper
	2 cloves garlic

Cut the beef into 2 inch cubes. Place the meat in the olive oil in a deep saucepan and brown all over. Add the remaining ingredients in the order given above. Cover and simmer without stirring for 2 hours, or until the meat is tender. Uncover and reduce the liquid. Delicious served with rice pilaf. Makes 5 servings.