



Veal Stew

recipe from Connie Marchese

**3 pound veal stew meat
2 medium chopped onions
1/4 cup chopped parsley
1 tablespoons minced garlic
3 tablespoons olive oil**

**2 large sliced carrots
3 cubed potatoes
1/4 cup dry white wine
water or beef bouillon
flour for dredging**



Dredge veal pieces in flour, and fry in olive oil over medium heat until browned evenly. Add garlic and onions and saute for another 5 minutes. Add just enough water or bouillon to cover the meat. Reduce to a simmer, cover and continue to cook for another 45 minutes. Add vegetables, parsley and wine. Continue cooking until vegetables are tender and serve. Hearty and delicious!