

Newfoundland Salt Beef Stew

Arleene Arnold, WFW Newfoundland Party, January 2012

- 1 $\frac{1}{2}$ pounds of salt beef cut into cubes (I got mine from Superstore)
- 1 small cabbage cut into large chunks
- 1 medium turnip cut into large chunks
- 1 large onion quartered
- 4 medium carrots (I left mine whole unless really large then cut in half)
- 6 medium potatoes cut in half

Cover salt beef in hot water and let soak 30 minutes to remove salt.

Drain off water and add 6 to 7 cups of cold water to salt beef and boil for 1 hour.

Add the rest of the ingredients and cook on medium heat until tender. (You may want to add the carrots first and cook for a bit, then do the same with the potatoes and lastly add the cabbage wedges and onions so nothing gets over cooked)

Serves about 6 people.