



FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

MAIN DISHES | **Mary's Stufato**

Meat
Onion
Carrots
Peas
Small Onions (Boiling or Pearl)
Artichokes (Frozen Hearts)
Parsley
Sweet Basil
Rosemary
Tomato Paste (Small Can)
Tomato Whole (Large Can)
Potatoes

Brown meat, onion, grated carrot. Add parsley, sweet basil, and rosemary. Add tomato paste and whole tomatoes. Add water to cover. Add potatoes, carrots, peas, small onions, and artichoke hearts.
Cook until done.

This was given to me by Mom when I first got married ~ funny, how different it is from hers, yet this is the one she made when we were living together on Casita Court.