



## *Our Family Recipes*

### **Mary's Stufato**

(Mary Elizabeth Yerkes Churma Miller Martin)

### **Main Dishes**

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 'til 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.