



FNH-00226N

1. The following information is required for the completion of the form:



## Storage

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## Quick Stew

Ingredient	Amount
Stew	1/2 cup
Water	1/2 cup
Onion (chopped)	1/2 cup
Carrot (chopped)	1/2 cup
Garlic (minced)	1/2 cup
Tomato (chopped)	1/2 cup
Herbs (dried)	1/2 cup
Salt	1/2 cup
Pepper	1/2 cup
Butter	1/2 cup

1. In a large pot, melt the butter over medium heat. Add the onion, carrot, and garlic, and sauté for 5 minutes. Add the tomato and herbs, and cook for another 5 minutes. Add the water and salt, and bring to a boil. Reduce the heat and simmer for 30 minutes. Stir in the pepper and the stew. Serve hot.

Handwritten musical notation on a staff. The notation includes various notes, rests, and symbols. A large 'DA' is written on the right side of the staff. Below the staff, there are symbols including '://', '#', and '=0'.