

Dear Readers:

**You will only get Lifestyle Magazine mailed to your home, once or twice a year. To pick up your copy each month, check out a location near you, in the partial list of locations below...**

**(Just a few of our many locations)**

**Ormond Beach**

Mainland Post Office, 260 Williamson Blvd., OB 32174  
Beachside Post Office, 56 E. Granada Blvd., OB, 32176  
Destination Daytona, 1637 N. U.S. Hwy #1 at I-95, OB  
Gourmet Kitchen, 1930 W. Granada Blvd., OB, 32174  
Howard's Famous Restaurant, 488 S. Yonge Street (US1), OB, 32174  
Wawa, 600 W. Granada Blvd. (Rt. 40) OB, 32174

**Holly Hill**

Sica Hall, 1065 Daytona Avenue, HH, 32117

**Daytona Beach**

Daytona Beach Flea Market, 1425 Tomoka Farms Rd.  
(at the Rental Office), DB, 32114  
Daytona Chamber of Commerce, 126 E. Orange Ave.  
Outside Rack on sidewalk, across the street from the Holiday Inn at  
1615 S. Atlantic Ave. (A1A)  
Daytona Int'l. Speedway Visitors Center, 1801 W. Int'l. Speedway Blvd.  
Outriggers Motel, 215 S. Atlantic Ave. (A1A)  
Southern Home Furniture, 137 Bay St.  
Wawa, 120 S. Ridgewood Avenue (US #1), at Int'l. Speedway Blvd.

**South Daytona**

Rossi's Diner, 2240 S. Ridgewood Avenue, S. Daytona, 32119

**Daytona Beach Shores**

Cracked Egg Diner, 3280-D S. Atlantic Avenue, DB Shores, 32118  
Crabby Joe's, 3701 S. Atlantic Avenue, DB Shores, 32127

**Port Orange**

Rossi's Side Street Cafe, 910 Village Trail, Port Orange, 32129  
Walmart Grocery Store, 3811 S. Clyde Morris Blvd., Port Orange 32129  
Wawa, 1031 Dunlawton Blvd. (Just west of Nova Rd.),  
Port Orange, 32127  
Wawa, 1740 Dunlawton Blvd. (in front of B.J.'s), Port Orange, 32127

**New Smyrna Beach**

Little Drug Store, 412 Canal Street, NSB, 32168  
New Smyrna Beach Post Office, 301 Mission Drive, NSB, 32168  
Pappas Drive-In, 1103 N. Dixie Freeway, NSB, 32168  
Heath's Natural Foods, 600 E. 3rd Avenue, NSB (Beachside), 32169  
Mon Delice Bakery, 557 E. 3rd Avenue ( South Causeway) NSB 32168  
Wawa, 1780 Highway 44 (next to Burger King) NSB, 32168  
Perrine's Produce, 1044 N. Dixie Freeway (US #1) NSB 32168

**Edgewater**

Red, White, and Blue Mule Deli (Formerly Red & White Grocery),  
103 N. US 1, Edgewater, 32132  
Shell Station, 3300 S. US 1, Edgewater, 32141

**Oak Hill**

Goodrich's Restaurant, 253 River Road, Oak Hill, 32759  
Steve's Famous Diner, 741 N. U.S. #1, Oak Hill, 32759

==== **Where to Find Us!!** =====

# Good Housekeeping Overnight Beef Stew

This hearty beef-and-vegetable medley will be waiting for you at home after a long day away – all you have to do before serving is thicken the cooking broth. For a stress-free morning, prep the ingredients the night before.

- 3 large celery stalks, cut into 1/2-inch-thick slices
- 1 large onion, cut into 16 wedges
- 1 bag (16 ounces) peeled baby carrots
- 2 tablespoons ground coriander
- 1 tablespoon ground ginger
- 1 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon dried thyme
- 1/4 teaspoon coarsely ground black pepper
- 4 pounds boneless beef chuck for stew, cut into 2-inch pieces
- 1 can (14 1/2 ounces) stewed tomatoes
- 3 tablespoons all-purpose flour

1. Mix celery, onion and carrots in bottom of 5-1/2 to 6-1/2-quart slow-cooker pot. In large bowl, combine coriander, ginger, salt, nutmeg, thyme and pepper; add beef and toss to coat well. Transfer beef mixture to pot with vegetables. Pour stewed tomatoes over beef. It's not necessary to stir.

2. Cover pot with lid and cook on low setting as manufacturer directs, 8 to 10 hours or until beef is fork-tender.

3. When beef is tender and ready to serve, strain stew over 3-quart saucepan; return beef and vegetables to slow-cooker pot. Skim and discard fat from liquid in saucepan. Heat liquid in saucepan to boiling over high heat. Meanwhile, in cup, with fork, mix flour with 1/4 cup water until smooth. Gradually whisk flour mixture into liquid; heat to boiling. Boil 1 minute, until gravy thickens slightly, stirring occasionally. Pour gravy over beef and vegetables in pot. Serves 12.

\* Each serving: About 400 calories, 13g total fat (5g saturated), 91mg cholesterol, 425mg sodium, 12g total carbohydrate, 3g dietary fiber, 39g protein.

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