

# Beef Stew

2# beef (5 min)

1 onion

4 carrots

3 Potatoes

2 teas salt

1 teas sugar

2 T tepicoca

1 1/2 c tomato juice

Burgundy Wine

5 min on full (till bases pink)

1/2 hr on 3

30 min on 3

30 min on 2