

OVEN STEW (Marie)

2# lean chuck (or more)	1 L. onion sliced thin
1 sm can peas, drained	1 c celery cut up
5-6 carrots, cut up	1/3 c. minute tapioca
1 large can tomatoes	Salt
1 can tomato soup	Pepper

Mix together. Do not brown meat. Put in large pan with tight lid. Cook in very slow oven for 4-5 hours or longer. Do not take lid off while cooking. Cook potatoes separately. Serve stew over potatoes or rice.

12/27/76 Delicious!

3 page Stew-meat (1H)

Follow recipe exactly  
& bake in new roaster  
4-5 hours.