

# Crock-Pot Special Beef

*Kendall White*

*Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011*

## **Servings: 4**

*2 pounds stewing beef, cut  
in one-inch pieces*

*1 envelope dry onion soup*

*1/2 to one cup dry wine*

*1 can cream of mushroom  
soup*

*1 can (4 ounce) whole  
mushrooms*

*1/4 cup quick cooking  
tapioca*

In a bowl, mix all of the ingredients. Transfer to a slow cooker. Mix well.

Cover and cook on LOW for eight to twelve hours.

Serve over noodles, rice or mashed potatoes.

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Per Serving (excluding unknown items): 32 Calories; 2g Fat (63.5% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 258mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.