

No Peek Casserole (Slow Cooker)

Helen and Bill Barth - Dayton Hudson Central

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 6

*2 pounds beef stew meat,
cut into one-inch cubes*

*1 envelope dry onion soup
mix*

*1 can (10-3/4 ounce) cream
of mushroom soup*

1 can (4 ounce) mushrooms

1/2 cup red wine

hot cooked noodles or rice

In the bowl of a slow cooker, combine the meat,
soup mix, soup, mushrooms and wine.

Cook on LOW HEAT for eight to ten hours.

Serve over noodles or rice.

Per Serving (excluding unkn
items): 292 Calories; 15g Fat
(48.8% calories from fat); 32g
Protein; 2g Carbohydrate; tra
Dietary Fiber; 84mg Choleste
274mg Sodium. Exchanges:
Grain(Starch); 4 1/2 Lean Me
Vegetable; 1/2 Fat.