

After Church Stew

The Clovia Recipe Collection
Best of the Best from Minnesota Cookbook

Servings: 6

*1 1/2 pounds lean beef, cut
in one-inch cubes*
2 teaspoons salt
1/2 teaspoon basil
1/4 teaspoon pepper
*2 stalks celery, cut in
1/2-inch diagonal slices*
*4 medium carrots, pared
and quartered*
*2 medium onion rings, cut in
1/2-inch slices*
*1 can (10-3/4 ounces)
tomato soup*
1/2 cup water
*3 medium potatoes, pared
and cubed*

Preheat the oven to 300 degrees.

Place the unbrowned beef cubes in a three-quart casserole dish. Sprinkle evenly with salt, basil and pepper. Top with the celery, carrots and onion.

In a bowl, combine the soup and water. Pour over the meat and vegetables, coating all of the pieces. Cover tightly.

Bake for three hours.

Add the potatoes.

Bake for an additional 45 minutes.

Per Serving (excluding unknown items): 327 Calories; 17g Fat (46.2% calories from fat); 25g Protein; 19g Carbohydrate; 3g Dietary Fiber; 69mg Cholesterol; 915mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1 1/2 Fat.