

# Beef Stew (Slow Cooker) II

*Kathy Peterson - Dayton's Rosedale*

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

*2 pounds beef stew meat,  
cubed  
2 potatoes cut up  
2 cups sliced carrots  
2 cups diced celery  
1 cup chopped onion  
2 cups tomato juice  
1 tablespoon minute tapioca  
1 tablespoon sugar  
1 slice day-old bread,  
broken up  
salt  
pepper*

Combine all of the ingredients in a slow cooker.  
Cover.

Cook on HIGH for four to five hours.

Per Serving (excluding unknown items): 1870 Calories; 79g Fat (38.9% calories from fat); 201g Protein; 80g Carbohydrate; 2g Dietary Fiber; 499mg Cholesterol; 2597mg Sodium. Exchanges: Lean Meat; 12 1/2 Vegetable Other Carbohydrates.