

Beef Stew Bake

Shirley Macklin

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 6

*1 1/2 pounds beef stew
meat
2 tablespoons cooking oil or
shortening
1/2 envelope dry onion soup
mix
1 can mushroom gravy
1 cup tomato juice
1 teaspoon horseradish
4 medium potatoes, peeled,
pared and quartered*

Preheat the oven to 350 degrees.

In a heavy skillet, brown the meat in hot oil.
Drain off excess fat. Add the mushroom gravy,
tomato juice, onion soup mix and horseradish.
Simmer covered for 6 minutes.

Place the potatoes in the bottom of a two quart
casserole dish. Top with the meat mixture.

Bake, covered, for 1-1/2 hours or until the meat
and potatoes are tender, stirring once or twice
during baking.

Per Serving (excluding unknown
items): 283 Calories; 11g Fat
(35.4% calories from fat); 26g
Protein; 19g Carbohydrate; 2g
Dietary Fiber; 62mg Cholesterol;
446mg Sodium. Exchanges: 1
Grain(Starch); 3 1/2 Lean Meat; 1/2
Vegetable; 0 Fat; 0 Other
Carbohydrates.