

Bishop Stew

Janet Rooney - Birmingham, AL

Treasure Classics - National LP Gas Association - 1985

Servings: 4

1 pound lean stew meat

1 cup celery chunks

*3 to 4 small onions,
quartered*

*3 to 4` carrots, peeled and
sliced*

1 can (3-1/2 cups) tomatoes

2 teaspoons sugar

2 teaspoons salt

Preparation Time: 10 minutes**Bake Time: 5 hours**

Do not brown the meat.

In a bowl, mix the meat, celery, onions, carrots, tomatoes, sugar and salt. Place the mixture into a greased one-quart casserole.

Bake, covered, for five hours at 250 degrees.

Serve with bread and a salad.

(This recipe can easily be doubled or tripled.)

Per Serving (excluding unknown items): 53 Calories; trace Fat (4.1% calories from fat); 1g Protein; 12g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1089mg Sodium. Exchanges: 2 Vegetable; 0 Other Carbohydrates.