

# Five Hour Stew II

*Margaret Evans*

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

*1 1/2 pounds stew beef  
carrots  
potatoes  
1 package frozen peas  
1 large onion, chopped  
1 can Golden Mushroom  
soup, undiluted  
1/2 package onion soup mix*

Preheat the oven to 250 degrees.

Place all of the ingredients in a Dutch oven.  
Cover tightly.

Place the Dutch oven into the oven.

Bake for 5 hours.

---

Per Serving (excluding unknown items): 155 Calories; 2g Fat (8.8% calories from fat); 7g Protein; 30g Carbohydrate; 7g Dietary Fiber; 1mg Cholesterol; 1831mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable; 0 Fat.