

Five Hour Stew

*A Taste of Kennedy Cookbook
Best of the Best from Minnesota Cookbook*

*2 pounds stew meat
flour
1 cup celery, chopped
1 pinch salt
pepper (to taste)
basil ((to taste))
parsley (to taste)
1 tablespoon sugar
4 to 5 carrots, sliced
3 to 4 potatoes, cubed
1 quart stewed tomatoes
1 medium onion, chopped
1/4 cup minute tapioca*

Preheat the oven to 250 hours.

Dredge the meat in flour.

In a large covered casserole, mix together the meat, celery, salt, pepper, basil, parsley, sugar, carrots, potatoes, tomatoes, onion and tapioca.

Bake for five hours.

Per Serving (excluding unknown items): 3573 Calories; 190g Fat (47.9% calories from fat); 274g Protein; 190g Carbohydrate; 29g Dietary Fiber; 907mg Cholesterol; 3293mg Sodium. Exchanges: 4 1/2 Grain(Starch); 36 1/2 Lean Meat; 20 1/2 Vegetable; 14 1/2 Fat; 1 Other Carbohydrates.