
Lazy Lady Stew

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 4

2 pounds cubed stew meat
1 can (16 ounces) tiny peas (or one 10 ounce package frozen peas)
1 cup sliced carrots
2 onions, chopped
2 potatoes, pared and sliced
1 teaspoon salt
dash pepper
1 can cream of tomato soup
1/2 soup can water
1 bay leaf

In a large casserole, mix all of the ingredients.

Cook, covered, in a 275 degree oven for six hours. (The stew beef meat can be put in frozen, but increase the cooking time by one hour.)

Serve with homestyle cornbread and a green salad.

(You can easily double or triple these proportions and feed a cowd.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 82 Calories; trace Fat (2.1% calories from fat); 2g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 550mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable.