

# Meat Stew Casserole

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*1 pound cooked or raw  
meat (beef or chicken), cut  
in small pieces  
2/3 cup water  
1 cup carrot, diced  
1 cup potatoes, diced  
2 cups tomatoes  
1 onion, diced  
salt  
pepper  
1 tablespoon flour*

Preheat the oven to 350 degrees.

In a skillet, brown the meat in fat. Add 2/3 cup of water.

Place the mixture in a casserole dish. Cover.

Bake for one hour.

Remove the casserole from the oven.

Add the vegetables to the casserole. Mix. If dry, add a little vegetable juice.

Bake until the vegetables are tender.

Very good when served with dumplings.

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Per Serving (excluding unknown items): 320 Calories; 2g Fat (4.7% calories from fat); 10g Protein; 72g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 95mg Sodium. Exchanges: 2 Grain(Starch); 7 1/2 Vegetable.