
Oven Stew II

Mariette Bissonnette

Nettles Island Cooking in Paradise - 2014

1 1/2 pounds stewing beef
1 layer sliced carrots
1 layer sliced celery
1 can (4 ounces) mushroom pieces
4 tablespoons turnip, chopped
1 can cream of mushroom soup
1 package dry onion soup mix
1/2 cup beef broth

Salt and pepper each layer as it is added to the dish.

Lay the meat in the bottom of a casserole dish.

Cover it with layers of carrots, celery, mushrooms and turnip.

Spread the soup over all and sprinkle the dry onion soup over the top.

Bake at 300 or 325 degrees for three hours.

Soups, Chili, Stew

Per Serving (excluding unknown items): 222 Calories; 9g Fat (37.4% calories from fat); 10g Protein; 25g Carbohydrate; 5g Dietary Fiber; 2mg Cholesterol; 1821mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 1 1/2 Fat.