

Five Hour Oven Stew

Sharon Auberge - Shelby, MT

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Servings: 6

3 pounds chuck roast
4 large potatoes
4 carrots
1 onion
1 can (10-3/4 ounce)
tomato soup
1 can water
2 tablespoons tapioca

Preparation Time: 15 minutes

Bake Time: 5 hours

Cut the roast into small bite-sized pieces. Cut the potatoes into bite-size pieces. Cut the carrots into large pieces. Dice the onion. Mix all of the vegetables and the beef in a three-quart casserole dish.

Add the tomato soup, one can of water and the tapioca.

Let cook for five hours in the oven at 250 degrees. No need to stir.

Per Serving (excluding unknown items): 590 Calories; 36g Fat (55.4% calories from fat); 38g Protein; 27g Carbohydrate; 3g Dietary Fiber; 131mg Cholesterol; 253mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 Lean Meat; 1 Vegetable; 4 Fat.