

Oven Stew

*Karen and Sean Giusti
Port St Lucie Elementary Family Recipe Book*

*3 to 3-1/2 pounds cubed
steak
1 cup celery, diced
4 potatoes, peeled and
cubed
1/2 cup beef broth
1/8 teaspoon garlic powder
1/8 teaspoon pepper
1 tablespoon salt
1/8 teaspoon dried thyme
1/8 teaspoon celery salt
1/8 teaspoon dried oregano
1 can (16 ounce) tomatoes
5 carrots, cut in chunks
3 onions, chopped
3/4 cup red wine
4 tablespoons quick-
cooking tapioca.*

Preheat the oven to 250 degrees.

Place all of the ingredients in a large baking dish.
Mix. Cover.

Bake for five hours.

Per Serving (excluding unknown items): 871 Calories; 2g Fat (2.6% calories from fat); 25g Protein; 168g Carbohydrate; 28g Dietary Fiber; 0mg Cholesterol; 7621mg Sodium. Exchanges: 6 Grain(Starch); 1/2 Lean Meat; 14 Vegetable; 0 Fat.