

Oven Stew
(NO peek)

Phyllis's
Good.

1 1/2 lbs beef cubed
1 cup celery
6 carrots cut
1 large onion sliced
4 med. potatoes

* 1 large can tomatoes
plain or Italian
(opt)

1 tbsp sugar
2" minut tapioca
suet.

In large casserole

with tight cover mix ingredients well.

Cover tightly (foil wrap) & bake

250 for 5 hours. DO NOT peek! (4 brook)

* opt - 1 can tomatoes used for chili

1 can regular tomatoes

= 1 large can

made it spicier using 1 can italian
chili tomatoes

* 2 packages of OYO instead of tomatoes
sprinkle on top of veg then add
enough water to immerge the veg in
roaster.