

OVEN STEW

(The Cooks Next Door)

8 potatoes, medium diced
10-12 carrots, peeled and sliced
1 lg. onion, sliced
1 can green beans (drain juice & save)
2 stalks celery, diced (opt.)
1-3 lbs. stew beef
1 8oz. can tomato sauce
2 Tb. cornstarch
Salt & Pepper

Layer in lg. casserole: meat, potatoes, carrots, onions, beans, and celery. Combine tomato sauce, reserved bean liquid, and water to make 2 c. Add 2 Tb. cornstarch and mix together. Sprinkle 1-2 tsp. salt and 1/2-1 1/2 tsp. pepper over layered stew. Pour liquids over all. Cover and bake at 250 degrees for 5 hrs. May be assembled and refrigerated to bake later.