



Beef Stew



1 can tomato soup

3 soup cans water

3 T minute tapioca

2 lbs. lean beef stew meat

5 medium potatoes, diced

5 carrots, diced

2 onions, coarsely chopped

salt and pepper

In large pan (with tight-fitting lid) mix soup, water, and tapioca with whisk. Stir in meat, potatoes, carrots, and onions. Salt and pepper to taste. Cover with lid and bake at 250°F for 5 hours.