

OVEN BEEF STEW

Jeannette Sill's



Cut the following into large bite-sized pieces:

- 2 pounds chuck or round steak
- 6 carrots
- 6 potatoes
- 1 large onion or several small ones
- $\frac{1}{2}$ cup celery

Put into a large baking dish (with lid).

Add:

- 1 tablespoon sugar
- 1 teaspoon salt
- 1 cup tomato juice or can of stewed tomatoes (unseasoned)

Cover with lid.

Bake 250 degrees for 4 $\frac{1}{2}$ hours or 300 degrees for 4 hours.

Serves 10.

