



## **Beef Stew**

**Serves 10**

**(Eat ½ and Freeze ½ for later)**

### **Ingredients:**

32 oz. Family sized tomato soup  
4 lbs. stew meat  
2 packs of dry onion soup mix (1 oz per packet)  
2 1/2 lbs. small potatoes  
1 bunch of celery  
1 pound of baby carrots  
1 medium sized onion

### **Optional:**

- Use large potatoes and cut them into cubes
- Use large carrots, but dice them
- Other vegetables might include cabbage (add when there is about 20 minutes of baking time left) or diced turnip

### **Directions:**

1. Pour the entire tomato soup into a roasting pan
2. Add all of the stew meat
3. Stir in the 2 packs of onion soup mix.
4. Wash and add the small potatoes whole
5. Dice up the bunch of celery and stir into the mix
6. Chop up the onion and stir into the pan
7. Cover the pan and bake for 4 to 5 hours at 350\*

### **Variations of the recipe you might like to try:**

- Substitute with a different type of meat (maybe lamb, etc)
- Adjust the amount of any ingredient to your liking
- You can make only ½ of the recipe at a time
- Cook in a large crock pot vs. a roasting dish (but make sure your crock pot is big enough!)

### **Freezing Instructions:**

Once cooled after cooking, divide the stew in ½ . Place ½ in a freezer bag or other freezer safe container.

Thaw before re-heating. You may need to add a little water while reheating.