

## Oven Beef Stew

2 pounds lean stew beef	1 teaspoon salt
1 large onion, chopped finely	Pepper to taste
2 stalks celery, diced	5 carrots, halved
2 tablespoons tapioca	15 ounces V-8 juice
1 tablespoon sugar	

Mix all ingredients raw. Cover and bake at 275°F for four hours. Do not stir. Serve over cooked noodles or rice.

## Swiss Beef Stew

6 slices bacon, diced	1 can (1 pound) tomatoes
2 pounds boneless beef chuck or stew meat, cut into 1¼" cubes	1 bay leaf
3 tablespoons flour	4 cups potato cubes (1¼" to 1½")
1 teaspoon salt	2 cups 1" carrot chunks (about 4 medium size)
1 teaspoon celery salt	1 cup sliced onion
1 can condensed beef broth	2 tablespoons minced parsley

Sauté bacon in Dutch oven over moderate heat until lightly brown, stirring as needed to brown evenly. Remove bacon from pan and drain on paper toweling.

Brown meat well on all sides in bacon drippings, turning pieces of meat as needed to brown evenly. Sprinkle flour, ½ teaspoon salt and celery salt over meat; mix well. Add beef broth, tomatoes and bay leaf. Bring to simmer cover and cook over low heat about 1½ hours. Add potatoes, carrots, onions, diced bacon and remaining ½ teaspoon salt. Continue cooking until beef and vegetables are tender, about 45 to 60 minutes. Remove bay leaf. Pour into serving dish and sprinkle with parsley. Makes 6 to 8 servings.

## Easy Stew

1½ to 2 pounds beef cubes, sprinkle with garlic salt in casserole.

Mix together:

1 can golden mushroom soup	½ to 1 envelope onion soup mix
½ cup wine (sherry or rose')	Small can mushrooms, drained

Pour over meat and bake at 325°F for two hours. Add carrots last ½ to 1 hour. Serve over noodles.