

Five Hour Stew

- 2# stew meat
- 2 c. carrots
- 1 lg onion (or a few green onions chopped)
- Salt and pepper
- 3 ½ c. tomato juice
- 2 c. potatoes, diced
- 1 c. celery
- Small can mushrooms (or sliced fresh cremini)
- 3 Tbsp. Minute tapioca

Mix in order. Let it come to a boil, cover and cook in oven for 5 hours @ 250°

Options: add green beans This stew can be frozen.

