

Baked Beef Stew

2 lbs stewing beef cut into large cubes

1 cup of frozen peas

2 cups of sliced carrots

2 small onions chopped

2 celery stalks cut up

1 tsp salt

1/4 tsp pepper

1/2 tsp of garlic

1 tin of tomato soup

1/2 tin of water

1 large potato sliced

1 tbsp of parsley

Combine all ingredients and put in a casserole or roasting pan with the lid on. Bake at 275 degrees for approximately 4 hours or until the meat is tender.

It's even better if you take the time to brown the meat first but not required.

Enjoy! 😊