

Stew

By Eunice Ragazinskas from "The Joy of Sharing: Oak Valley A.L.C.W. Centennial Cookbook," published in 1985 by the Oak Valley American Lutheran Church Women in Velva, North Dakota.



Ingredients

- 4 med. potatoes
- 7 carrots
- 1 sm. onion
- 1 tsp. salt
- 1 tsp. pepper
- 1pt. stewed tomatoes
- 1 to 1 ½ lb. cubed beef

Directions

Cut potatoes into fourths. Place potatoes, carrots, beef, salt, pepper, onion, and stewed tomatoes in that order into crockpot. Cook on low setting for 8 to 10 hours.

