

HEARTY OVEN-BAKED BEEF STEW

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INGREDIENTS

- 1(14 1/2 ounce) can diced tomatoes with juice, undrained
- 1 cup water (or beef stock)
- 3 Tablespoons quick-cooking tapioca or corn starch or flour
- 2 teaspoons sugar
- 1-½ teaspoons salt
- ½ teaspoon pepper
- 2 lbs lean stewing beef, cut into 1-inch cubes & browned
- 4 medium carrots, cut into 1-inch chunks
- 3 medium potatoes, peeled and quartered
- 2 celery ribs, cut into ¾-inch chunks
- 1 medium onion, cut into chunks
- 1 slice bread, cubed (optional)

DIRECTIONS

1. Brown the beef cubes on all sides.
2. Make a slurry of 3 Tbs (tapioca, corn starch or flour) & 3 Tbs of water (or beef stock).
3. In a large bowl, combine the tomatoes, the slurry, remainder of water (or beef stock), sugar, salt and pepper.
4. Add remaining ingredients (browned beef cubes, carrots, potatoes, celery, onion) and mix well.
5. Pour into a greased 13x9x2 inch baking dish.
6. Cover and bake at 375 for 1-3/4 to 2 hours or until meat and vegetables are tender.