

BEEF STEW

Dust with flour and sear:

5 lbs. boneless beef, cut in large chunks

Add and simmer for 2 hours:

1 28 oz. can tomato sauce

3 cans tomato soup

4 cups water

1 tsp each basil, oregano, rosemary and thyme

1 tbsp sugar

3 onions, quartered

Add and simmer another 1½ hours:

1 medium turnip, peeled and cut in chunks

2 lbs. carrots, peeled and sliced

8 large potatoes, peeled and cut in chunks

Add water (up to 2 cups) as needed. Remember to bring it hot!