

## **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!