

Hearty Beef Stew

Ingredients:

1 lb. beef stew cubes

4 carrots, sliced

4 red potatoes, cubed

1 package dry onion soup mix

2 cans cream of mushroom soup

8 oz. can tomato sauce

package frozen green peas

Directions: Toss ingredients in a a gallon size freezer bag and give it a shake to mix. To cook: thaw in the fridge 24 hours, then cook in the crockpot on LOW for 7-10 hours or HIGH for 5-6 hours.