

**5 Hour Stew** By Wendla Thompson on Saturday, November 2, 2013 at 7:43pm

3 lbs. boneless beef, lamb or veal stew meat 1 large can chopped tomatoes 1½ lb. Pkg. frozen stew vegetables 2 Tbs. sugar ¼ cup quick cooking tapioca 1 can water chestnuts, drained and sliced 1 ½ tsp. salt ½ tsp. pepper 1/3 cup red wine, stock or water Combine all ingredients in a 5 Qt. Dutch oven (do not brown meat or defrost vegetables). Stir gently to blend. Cover and bake at 250 degrees for 5 hours. At the end of cooking I stir in a can of drained corn and a bag of defrosted peas. Serves 6-8