



Easy Five Hour Beef Stew *(adapted from Slicing, Hooking & Cooking, Jackie Eddy)*

- 2 pounds good quality stewing meat (I use chuck)
- Flour, black pepper
- 3 tablespoons vegetable oil
- 2 large onions, coarsely chopped
- 3 cloves garlic, minced
- 3 large carrots, sliced
- 2 cans golden mushroom soup
- 1 cup red wine, plus more if needed
- 1 package dried onion soup mix

Cut meat into 1-1/2 inch cubes. Sprinkle liberally with black pepper. Dredge in flour and sauté in large Dutch oven until well browned. Work in batches so pan isn't crowded and meat browns well. Remove to a plate and set aside. Add onions and garlic to casserole and cook until onions are softened. Scrape browned bits from bottom as onions cook. Add carrots, mushroom soup, red wine and dried onion soup mix. Return meat to pot and stir well to make sure meat is well coated with liquid. Cover pot and cook in 275 oven for 5 to 6 hours. Check pot after 3 hours to make sure there is enough liquid and add more red wine if needed. Serves 4 to 6.