

## **GONE ALL DAY STEW**

**SOURCE: PRUDENTIAL LIFESTYLES COOKING (Patty Kile, Kendall FL)**

1 can (10 3/4 oz) tomato soup, undiluted  
1 C water OR red wine  
1/4 C flour  
2 lbs stew meat (beef chuck), cut in 1" – 2" cubes, fat trimmed  
3 medium carrots, cut in 1" diagonal slices  
4 white boiling onions OR yellow onions, quartered  
4 medium potatoes, cut in 1 1/2" chunks  
1/2 C celery, cut in 1" chunks  
12 whole fresh mushrooms  
2 beef bouillon cubes  
1 TBS Italian herb seasoning mix (OR 1 tsp each: leaf oregano, thyme, rosemary)  
1 bay leaf  
3 grinds fresh pepper

### **DIRECTIONS:**

Mix together tomato soup, water or wine & flour till smooth – combine with remaining ingredients in covered roasting pan. Bake 4-5 hours at 275 °F. When ready to serve, adjust seasoning, if desired. Serve over noodles or with crunchy French bread (to soak up gravy). Coleslaw is nice in winter OR serve fresh tomatoes on a bed of lettuce in summer.

[per serving: 311 calories, 660mg sodium, 103mg cholesterol; 26gm carbohydrate; 29gm protein; 10gm fat – diabetic exchanges: 1 serving = 3 protein, 1 bread, 2 vegetable, 1/2 fat]

Yield: 8 servings