

BEEF STEW

1. 3 lbs. beef roast
2. 1 tsp. salt
3. 1 tsp. pepper
4. 1 lg. onion
5. 2 1/2 cups celery
6. 2 lbs. sliced carrots
7. 4 c. potatoes
8. 1 can stewed tomatoes
9. 2 cups frozen Limas
10. 1 cup frozen Okra
11. 1 cup Corn
12. 2 tblsp. Sugar

Ingredients

1. Cut Beef into Chunks.
2. Place in pot.
3. Pour in enough water to cover + 1 inch.
4. Add salt and pepper.
5. Boil until beef is tender (approximately 2 hours)..
6. Add vegetables and sugar.
7. Bring back to a boil.
8. Boil until vegetables are done, (approximately 30 minutes).