

## BEEF STEW



2 16 oz cans potatoes

Corn oil

1 lb. stew meat, cut in cubes

1 onion, diced

1 8 oz. can tomato sauce

8 carrots, sliced into ½" slices

1 16 oz pkg frozen mixed  
vegetables

Open potatoes and drain liquid. In a large saucepan, pour enough oil in the bottom for browning the meat. Brown meat and diced onion until meat is brown and onion is lightly browned. Add all other ingredients and simmer for 30 minutes.

Serves 4