

Beef Stew

Ingredients needed:

- 8 lbs. chuck, cut into 1" cubes
- 20 carrots, sliced
- 10 medium potatoes cut up
- 4 medium onion, chopped
- 4 bouillon cube
- 4 packages frozen green beans
- Salt and pepper to taste

Brown chuck and slowly add salt, pepper and onion. Let simmer for about half an hour or until tender. Add carrots, potatoes and green beans. Continue cooking. Add $\frac{1}{2}$ cup cold water and bouillon cube. Simmer for about an hour. Pour into casserole and bake for $\frac{1}{2}$ hour at 350-degrees. Cover with aluminum foil and record date and casserole name. Freeze.