

## Easy Oven Beef And Vegetable Stew

Servings: 8 servings

Categories: Beef, Veal, Pork & Lamb, Main Dish

Source: The Lighthearted Cookbook By Anne Lindsay

### Ingredients

- 1 1/2 lb stewing beef
- 1/4 c flour
- 6 small onions
- 2 large potatoes, cut in chunks
- 3 large carrots, cut in chunks
- 3 cloves garlic, minced
- 2 cups diced turnip
- 3 cups water
- 1 1/4 c beef stock or canned bouillon
- 1 can (7 1/2 oz/213 mL) tomato sauce
- 1 t dried thyme
- 1/2 t dried oregano
- 1/4 t pepper
- 1 bay leaf
- 1/2 t grated orange rind (optional)

### Directions

Trim beef and cut into 1" cubes.

In large casserole or Dutch oven, toss beef with flour. Add onions, potatoes, carrots, garlic, turnip, water, beef stock, tomato sauce, thyme, oregano, pepper, bay leaf and orange rind; stir to mix.

Bake covered in 350 oven for 3 hours, stirring occasionally (if you remember). Remove bay leaf.

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