

Country Beef Stew

1 1/2 lb Lean stewing beef
1/4 c All purpose flour
4 tb Cooking oil, divided
1 c Sliced onion
1 cn Cream of mushroom soup
3/4 c Water
1 ts Salt
2 c Carrot chunks
1 c Undiluted 2% Evaporated milk
1 c Frozen cut green beans
2 c Cauliflower flowerettes

Cut meat into bite-size pieces; coat with flour.

Brown meat, part at a time in 3 Tb hot oil in Dutch oven; set meat aside.

Add remaining 1 TB oil to pan; sauté onion until tender.

Return meat to pan. Stir in soup, water and salt.

Bake, covered in 350 oven for 1 hour.

Add carrots. Cover and bake 30 minutes longer.

Add e. milk and beans to stew. Top with cauliflower. Cover and bake 30 minutes longer.

Makes 5 or 6 servings.