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## Baked Beef Stew

### Ingredients

2 pounds beef stew meat, cut into 1-inch cubes	¼ teaspoon ground black pepper
1 (14.5 ounce) can diced tomatoes with juice	4 carrots, cut into 1-inch pieces
1 cup water	2 strips celery, cut into ¾-inch pieces
3 tablespoons instant tapioca	3 potato, peeled and cubed
1 tablespoon beef bouillon granules	1 onion, roughly chopped
2 teaspoons white sugar	1 slice bread, cubed
1½ teaspoons salt	

### Directions

Remove and discard giblets and neck from chicken. Rinse chicken under cold running water; drain well and pat dry with paper towels. Pierce chicken thoroughly with fork. Place chicken, breast side up, in shallow, foil-lined roasting pan.

Combine lite soy sauce, sherry, oil, garlic, fennel, ginger, sugar and cloves. Brush cavity and skin thoroughly with sauce mixture.

Roast in 325 degrees F. oven 1 hour and 45 minutes, or until meat thermometer inserted into thigh registers 180, brushing chicken occasionally with remaining sauce mixture during last 40 minutes of roasting time.

Remove chicken from oven and let stand 10 minutes before carving.