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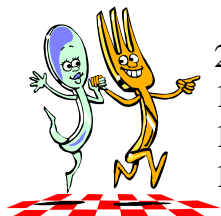
*The Kitchen Link*

*Epicurious Online*

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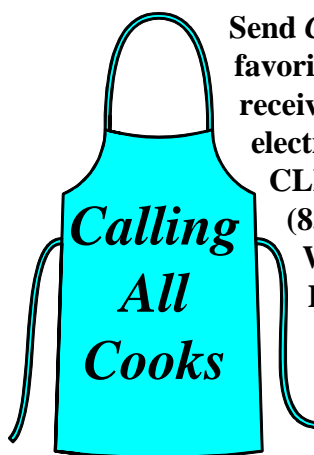
**Reader's Recipe  
No-Peek Beef Dish**



2 lbs. stew meat, cut into bite-size pieces  
1 can cream of mushroom soup  
1 can onion soup  
1 8-oz. can of mushrooms

Do not brown meat! Do not salt! Put ingredients in casserole dish, starting with meat. Cover and bake at 300°F for three hours. Don't peek! Serve over rice.

*Submitted by Faye M. Spain*



Send *Current Light Flashes* your favorite recipe. If it's published, you'll receive a \$10 credit on your next WFEC electric bill. E-mail your recipe to CLF@wfeca.net, fax it to (850)263-3330 or mail it to West Florida Electric Cooperative, Dept. CLF, P. O. Box 127, Graceville, FL 32440-0127. Be sure your recipe includes specific amounts for ingredients and easy-to-follow instructions.

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**April 2000  
2000 CLF**



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