



STEW



Number of servings: 10

Ingredients:

1 small round onion
1-2 ribs celery
4 medium carrots
4 medium potatoes
2 cloves garlic
2 pounds lean meat
1 (8-ounce) can tomato sauce
½ - 1 teaspoon salt
1-2 bay leaves
water to cover

Thickening:

3 tablespoons flour
¼ cup water

Directions:

1. CHOP onion, celery, carrots, and potatoes. SET aside.
2. CRUSH garlic.
3. CHOP meat into bite-sized pieces.
4. In a large pot, FRY garlic and meat. STIR.
5. ADD tomato sauce, salt, bay leaf, and water to cover. STIR.
6. COVER and SIMMER for 1-2 hours or until meat is tender. Liquid needs to cover meat. ADD water as necessary.
7. ADD onions, celery, carrots, and potatoes. STIR.
8. SIMMER for 10-15 minutes or until vegetables are tender.
9. MIX thickening ingredients and ADD to stew. STIR.
10. SIMMER and STIR until stew thickens.

Variations:

You can add frozen vegetables.

Add 2-3 teaspoons of curry powder in place of tomato sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

Nutrition Facts

Serving Size 1 cup (383 g)
Servings Per Container 10

Amount Per Serving

Calories 210 **Calories from Fat** 36

% Daily Value*

Total Fat 4 g 6 %

Saturated Fat 1.5 g 8 %

Trans Fat 0 g

Cholesterol 60 mg 20 %

Sodium 330 mg 14 %

Total Carbohydrate 21 g 7 %

Dietary Fiber 3 g 12 %

Sugars 3 g

Protein 22 g

Vitamin A 80% ■ Vitamin C 20%

Calcium 4% ■ Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4