

## Ground Beef Stew

Serving Size: 1 cup

Yield: 4

Time: 55

### Ingredients:

1/2 pound ground beef, or ground turkey, or venison  
 1/8 teaspoon salt (optional)  
 1/8 teaspoon pepper (optional)  
 1 - 10 3/4 ounce can tomato soup, condensed  
 each water, one soup can full  
 6 medium each diced or sliced carrots  
 2 medium each diced or sliced potatoes  
 1 cup diced onion

### Instructions:

1. Brown meat. Drain fat, if any. Season lightly with salt and pepper (optional).
2. Add soup and 1 can of water to fry pan. Add vegetables.
3. Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat, cover for last 10 minutes to thicken.
4. Serve. Refrigerate leftovers.

### Cost:

Per Recipe: \$ 3.84693

Per Serving: \$ 0.96

### Source:

Adapted from:  
 Simply Good Eating Recipe Cards: Volume 1, 2000  
**University of Minnesota Extension Service**

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[www.extension.umn.edu/distribution/nutrition/DJ6641.html](http://www.extension.umn.edu/distribution/nutrition/DJ6641.html)

Nutrition Facts			
Serving Size 1 cup prepared stew, 1/4 of recipe (415g)			
Servings Per Container			
Amount Per Serving			
Calories 250		Calories from Fat 70	
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 3g			15%
Trans Fat 0g			
Cholesterol 50mg			17%
Sodium 540mg			23%
Total Carbohydrate 27g			9%
Dietary Fiber 6g			24%
Sugars 13g			
Protein 20g			
Vitamin A 310%		Vitamin C 50%	
Calcium 6%		Iron 20%	
*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			