

Ground Beef Stew

Makes: 4 Servings

This stew combines ground beef with vegetables in a tomato soup based sauce to make a hearty main dish.

Ingredients

- 1/2 pound** ground beef (or ground turkey)
- 1/8 teaspoon** salt
- 1/8 teaspoon** pepper
- 1 can** condensed tomato soup (about 10 ounces)
- 1 1/4 cups** water
- 6** medium carrots, sliced (or 2 cups canned, drained)
- 2** medium potatoes, diced (or 2 cups canned, drained)
- 1 cup** onion (diced)

Directions

1. Brown meat in a large skillet. Drain. Add salt and pepper to taste.
2. Add soup and water to skillet. Add carrots, potatoes, and onions.
3. Bring to a boil, then simmer, covered, about 25 minutes or until soft. Remove from heat; cover for 10 minutes to thicken.
4. Serve immediately. Refrigerate leftovers

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 270 | |
| Total Fat | 9 g | |
| Protein | 14 g | |
| Carbohydrates | 34 g | |
| Dietary Fiber | 5 g | |
| Saturated Fat | 4 g | |
| Sodium | 200 mg | |