

# Quick Beef Stew and Rice

**Makes:** 6 Servings

This is a good way to use canned beef stew. The stew may be served over pasta or with a vegetable or salad.

## Ingredients

- 1 1/2 cups** rice (uncooked)
- 3 cups** water
- 1 can** canned beef stew (about 24 ounces)
- pepper to taste

## Directions

1. Prepare rice, using water, according to package directions.
2. In a sauce pan, heat stew. Add pepper to taste.
3. Spoon 1/2 cup of rice and 1/2 cup of stew into bowls and serve.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>280</b>	
Total Fat	6 g	
Protein	9 g	
Carbohydrates	45 g	
Dietary Fiber	2 g	
Saturated Fat	2.5 g	
Sodium	460 mg	