

Ground Beef Stew

Rating: ★★★★★

Cook time: 55 minutes

Makes: 4 servings

Ingredients

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

Directions

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.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	290	
Total Fat	7 g	11%
Protein	20 g	
Carbohydrates	37 g	12%
Dietary Fiber	5 g	20%
Saturated Fat	3 g	15%
Sodium	390 mg	16%