

Beef Stew

*Mrs Tazewell Eure Jr
St Timothy's - Hale Schools - Raleigh, NC - 1976*

Servings: 6

*1 pound stew beef
3 medium potatoes
1 stalk celery
1 quart tomatoes
2 medium carrots
1/2 green pepper
1 small onion
1 beef bouillon cube*

In a pot, cover the stew beef in water. Salt and pepper to taste. Cook until tender.

Cut the carrots and potatoes into bite-sized pieces. Dice the green pepper, celery and onion.

Add all of the ingredients to the stew. Cook until the vegetables are tender.

When ready to serve, drop small chunks of cheddar cheese into the stew.

Serve with toast.

Per Serving (excluding unknown items): 96 Calories; 1g Fat (5.2% calories from fat); 3g Protein; 22g Carbohydrate; 4g Dietary Fiber; trace Cholesterol; 131mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fat.