

Delicious Two-Meat Stew

Barb McGinty

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

1 package (16 ounce) bulk pork
sausage links
1 pound top round steak, cut into bite-
size chunks
1 medium apple, cored
1 can (24 ounce) vegetable juice
cocktail
3 carrots, pared and thickly sliced
4 medium potatoes, cut into sixths
1 medium onion, thinly sliced

In a skillet, brown the sausages. Remove and
drain on a paper towel.

Add the round steak to the drippings in the
skillet. Brown. Remove and drain on a paper
towel.

Place the meats, apple, juice, carrots, potatoes
and onion in a Dutch oven.

Cook over medium heat for about 60 minutes or
until the vegetables are tender.

Per Serving (excluding unknown
items): 358 Calories; 11g Fat
(27.2% calories from fat); 28g
Protein; 38g Carbohydrate; 5g
Dietary Fiber; 53mg Cholesterol;
246mg Sodium. Exchanges: 1 1/2
Grain(Starch); 3 1/2 Lean Meat; 72
1/2 Vegetable; 1/2 Fruit.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	358
% Calories from Fat:	27.2%
% Calories from Carbohydrates:	42.0%
% Calories from Protein:	30.8%
Total Fat (g):	11g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	54g
Cholesterol (mg):	53mg
Carbohydrate (g):	38g
Dietary Fiber (g):	5g
	28g

Vitamin B6 (mg):	1.0mg
Vitamin B12 (mcg):	3.0mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	51mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	1 1/2
	3 1/2

Protein (g):
Sodium (mg): 246mg
Potassium (mg): 1430mg
Calcium (mg): 42mg
Iron (mg): 4mg
Zinc (mg): 5mg
Vitamin C (mg): 50mg
Vitamin A (i.u.): 15916IU
Vitamin A (r.e.): 1591RE

Lean Meat:
Vegetable: 72 1/2
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 358 Calories from Fat: 97

% Daily Values*

Total Fat	11g	17%
Saturated Fat	4g	21%
Cholesterol	53mg	18%
Sodium	246mg	10%
Total Carbohydrates	38g	13%
Dietary Fiber	5g	22%
Protein	28g	

Vitamin A	318%
Vitamin C	83%
Calcium	4%
Iron	20%

* Percent Daily Values are based on a 2000 calorie diet.