

Flemish Beef Stew

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 8

*1/2 cup chopped onion
2 tablespoons butter
2 cans (1 pound, 3 ounce
ea) beef stew
1/2 teaspoon cinnamon
1/2 cup honey (or
molasses)
1 lemon, thinly sliced
2 cups canned prunes
1 cup prune juice
1 package frozen green
peas
fresh parsley, chopped
POPPY SEED NOODLES
1/2 pound broad noodles
3 tablespoons butter,
melted
1 tablespoon poppy seeds*

Make the Poppy Seed Noodles: Cook the noodles according to package directions. Toss with melted butter and poppy seeds.

In a saucepan, cook the onion in butter until soft and golden, but not brown. Add the gravy drained from the cans of beef stew, plus the prune juice, cinnamon, molasses and 1/2 of the lemon slices.

Cook, uncovered, about 10 minutes. Add the prunes and peas. Add the remainder of the beef stew. Bring to a boil, then simmer for 5 to 6 minutes.

Serve with a goodly sprinkle of chopped parsley and fresh lemon slices, accompanied by Poppy Seed noodles.

Per Serving (excluding unknown items): 160 Calories; 11g Fat (57.1% calories from fat); 5g Protein; 13g Carbohydrate; 2g Dietary Fiber; 35mg Cholesterol; 344mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 Fat.