

# Savory Beef Stew

*Eliza Lisa carrier*

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## **Servings: 6**

*2 pounds lean stewing beef,  
cut into one-inch pieces*

*1/4 cup flour*

*2 teaspoons salt*

*2 tablespoons oil*

*1 cup hot water*

*1 can (2-1/2 ounce) tomato  
sauce*

*1 tablespoon chopped  
parsley*

*1/4 teaspoon basil*

*1/4 teaspoon pepper*

*6 small carrots*

*6 onions*

*6 potatoes pared and  
quartered*

*1 cup celery, sliced*

Coat the beef with flour and salt.

In a large skillet or heavy saucepan, brown the beef in oil. Add the vegetables.

Stir in the water, sauce and seasonings.

Cover and simmer until done.

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Per Serving (excluding unknown items): 148 Calories; 5g Fat (28.8% calories from fat); 3g Protein; 25g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1005mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Vegetable; 1 Fat.