

Soldier Stew

Joy DeRock

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

carrots
squash
fresh sweet potatoes
regular potatoes
1 teaspoon vinegar
onions
catsup
1/4 cup elbow macaroni
red kidney beans

Cook the carrots. When the carrots are almost done, add the squash and sweet potatoes. When almost done, add the regular potatoes.

Place oil on the bottom of a saucepan and brown the onions. Add a little water and simmer.

Strain into the potatoes and add 1/4 cup of elbow macaroni and catsup, to taste, plus salt and pepper.

Add the kidney beans, drained, into the stew. Add the vinegar.

Per Serving (excluding unknown items): 54 Calories; trace Fat (3.8% calories from fat); 2g Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Other Carbohydrates.