

# Southwestern Stew

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## Servings: 8

*2 pounds beef stew meat,  
cut into one-inch cubes  
2 tablespoons cookin oil  
2 cups water  
1 1/2 cups chopped onion  
1 cup salsa  
2 cloves garlic, minced  
1 tablespoon dried parsley  
flakes  
2 teaspoons beef bouillon  
granules  
1 teaspoon ground allspice,  
cumin  
1/2 teaspoon salt (optional)  
3 medium carrots, cut into  
one-inch pieces  
1 can (14-1/2 ounce) diced  
tomatoes, undrained  
1 1/2 cups frozen green  
beans  
1 1/2 cups frozen corn  
1 can (4 ounce) chopped  
green chilies  
hot sauce (optional)*

In a four-quart Dutch oven over medium heat, brown the meat in oil. Drain.

Add the water, onion, salsa, garlic, parsley, bouillon, cumin and salt. Bring to a boil. Reduce the heat and simmer for one hour.

Add the carrots. Return to a boil. Reduce the heat and simmer for 20 minutes.

Add the tomatoes, beans, corn and chilies. Return to a boil. Reduce the heat. Cover and simmer for 15 to 20 minutes or until the beef and vegetables are tender.

Season with hot sauce, if desired.

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Per Serving (excluding unknown items): 266 Calories; 10g Fat (34.8% calories from fat); 27g Protein; 17g Carbohydrate; 4g Dietary Fiber; 62mg Cholesterol; 308mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fat.