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# Sweet and Sour Stew II

*Glenda Begeske - Marshall Field's Distribution Center*

*1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores*

Servings: 8

**1/4 cup all-purpose flour**

**1 teaspoon pepper**

**1 teaspoon salt**

**2 pounds stew meat**

**1/4 cup cooking oil**

**1 cup water**

**1/2 cup ketchup**

**1/4 cup vinegar**

**1/4 cup brown sugar**

**1 teaspoon Worcestershire sauce**

**1 teaspoon salt**

**1 large onion, chopped**

**2 cups diced potatoes**

**1 cup diced carrots**

In a large bowl, combine the flour, pepper and salt. Cut the meat into bite-size pieces. Coat the meat with the flour mixture.

In a large skillet, brown the meat in oil on all sides.

In a medium bowl, combine the water, ketchup, vinegar, brown sugar, Worcestershire sauce and salt. Mix well.

Stir into the browned meat and add the chopped onion.

Cook, covered, over low heat for 45 to 60 minutes. Stir frequently.

Add the potatoes and carrots to the meat mixture with one more cup of water. Cover and cook over low heat until the potatoes and carrots are done (about 90 minutes). Add water if necessary.

## **Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 497 Calories; 30g Fat (55.4% calories from fat); 33g Protein; 22g Carbohydrate; 2g Dietary Fiber; 113mg Cholesterol; 1061mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 3 Fat; 1/2 Other Carbohydrates.*