

# Sweet and Sour Stew

*Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL*

## Servings: 8

*1/2 cup flour  
2 teaspoons salt  
pepper  
2 cups water  
1 cup catsup  
2 teaspoons Worcestershire sauce  
1/2 cup vinegar  
4 pounds beef stew meat  
1/2 cup oil  
1/2 cup brown sugar  
2 teaspoons salt  
2 onions*

Coat the meat in flour and brown in oil. Add salt and pepper.

Add the water, brown sugar, catsup, vinegar and Worcestershire sauce.

Cover and cook over low heat until the meat is tender, about one and one-half hours.

Serve over rice or chinese noodles or both.

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Per Serving (excluding unknown items): 611 Calories; 33g Fat (49.8% calories from fat); 49g Protein; 26g Carbohydrate; 1g Dietary Fiber; 125mg Cholesterol; 1574mg Sodium. Exchanges: 1/2 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	611
% Calories from Fat:	49.8%
% Calories from Carbohydrates:	17.5%
% Calories from Protein:	32.7%
Total Fat (g):	33g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	125mg
Carbohydrate (g):	26g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	1.0mg
Vitamin B12 (mcg):	7.0mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	28mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1/2
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**Protein (g):** 49g  
**Sodium (mg):** 1574mg  
**Potassium (mg):** 1292mg  
**Calcium (mg):** 46mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 12mg  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 306IU  
**Vitamin A (r.e.):** 31RE

**Lean Meat:** 7  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2 1/2  
**Other Carbohydrates:** 1

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 611 Calories from Fat: 304

### % Daily Values\*

<b>Total Fat</b>	33g	51%
Saturated Fat	9g	47%
<b>Cholesterol</b>	125mg	42%
<b>Sodium</b>	1574mg	66%
<b>Total Carbohydrates</b>	26g	9%
Dietary Fiber	1g	4%
<b>Protein</b>	49g	

<b>Vitamin A</b>	6%
<b>Vitamin C</b>	14%
<b>Calcium</b>	5%
<b>Iron</b>	28%

\* Percent Daily Values are based on a 2000 calorie diet.