

# Waldorf Astoria Stew

*The Logging Camp Ranch - Bowman, ND  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 6

*2 to 3 pounds round steak, cut into chunks  
2 potatoes, cut up  
1 to 2 cups sliced carrots  
1 cup celery, chopped  
1 onion, chopped  
2 tablespoons tapioca  
1 tablespoon sugar  
salt (to taste)  
freshly ground pepper (to taste)  
1 can (11 ounce) tomato soup  
1 soup can water  
1 bay leaf*

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Preheat the oven to 250 degrees.

Combine all of the ingredients in a roasting pan.

Bake for five hours. (Or cook at a higher temperature for less time.)

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Per Serving (excluding unknown items): 147 Calories; 5g Fat (28.2% calories from fat); 8g Protein; 18g Carbohydrate; 2g Dietary Fiber; 21mg Cholesterol; 159mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	147
% Calories from Fat:	28.2%
% Calories from Carbohydrates:	49.3%
% Calories from Protein:	22.5%
Total Fat (g):	5g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	21mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

<b>Cholesterol (mg):</b>	21mg
<b>Carbohydrate (g):</b>	18g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	8g
<b>Sodium (mg):</b>	159mg
<b>Potassium (mg):</b>	496mg
<b>Calcium (mg):</b>	22mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	23mg
<b>Vitamin A (i.u.):</b>	3002IU
<b>Vitamin A (r.e.):</b>	300RE

## Food Exchanges

<b>Grain (Starch):</b>	1
<b>Lean Meat:</b>	1
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 147 Calories from Fat: 42

### % Daily Values\*

<b>Total Fat</b>	5g	7%
Saturated Fat	2g	9%
<b>Cholesterol</b>	21mg	7%
<b>Sodium</b>	159mg	7%
<b>Total Carbohydrates</b>	18g	6%
Dietary Fiber	2g	7%
<b>Protein</b>	8g	

<b>Vitamin A</b>	60%
<b>Vitamin C</b>	38%
<b>Calcium</b>	2%
<b>Iron</b>	8%

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