

Beef

Zucchini Beef Stew

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

1 1/2 pounds ground chuck
1 1/2 cups celery, sliced
3 medium (1-1/2 pounds) zucchini, Cut into 1/2-inch slices
3/4 cup onion, chopped
2 cans (16 ounce) whole tomatoes, undrained and cut into quarters
3/4 teaspoon dried Italian seasoning
3/4 teaspoon dried whole oregano
1/2 teaspoon dried whole basil
1/2 teaspoon salt
1/2 teaspoon pepper
2 green peppers, cut into 1/2-inch squares
1/4 cup + 1 tablespoon Parmesan cheese, grated

Cook the beef in a large Dutch oven over medium heat until browned, stirring to crumble. Drain the meat in a colander and pat dry with a paper towel. Wipe the pan drippings from the Dutch oven with a paper towel.

Return the meat to the Dutch oven. Add the celery and cook over medium heat for 10 minutes.

Stir in the zucchini, onion, tomatoes, Italian seasoning, oregano, basil, salt and pepper. Bring to a boil. Cover, reduce the heat and simmer for 30 minutes.

Add the green peppers. Cover and simmer an additional 10 minutes.

Spoon the stew into bowls. Sprinkle each serving with 1/2 tablespoon of Parmesan cheese.

Yield: 10 cups

Per Serving (excluding unknown items): 2084 Calories; 144g Fat (62.1% calories from fat); 135g Protein; 63g Carbohydrate; 20g Dietary Fiber; 512mg Cholesterol; 1765mg Sodium. Exchanges: 0 Grain(Starch); 18 Lean Meat; 10 1/2 Vegetable; 17 1/2 Fat.