

Beef

Fruited Beef Stew

Better Homes and Gardens All-Time favorite Casseroles

Servings: 8

1 1/2 pounds boneless beef chuck, cut in 1-inch cubes
2 tablespoons cooking oil
3 medium (3 cups) sweet potatoes, peeled and quartered
1 can (16 oz) tomatoes, undrained and cut up
1 cup onion, chopped
1/2 cup green pepper, chopped
1/4 teaspoon ground cinnamon
1 clove garlic, minced
1 teaspoon salt
1/8 teaspoon pepper
2 ears corn, cut crosswise in 2-inch pieces
2 medium zucchini, sliced
1 can (16 oz) peach slices

Preheat oven to 350 degrees.

In a Dutch oven, brown meat, 1/3 at a time, in hot cooking oil. Drain off excess fat.

Add sweet potatoes, tomatoes, onion, green pepper, cinnamon, garlic, salt, pepper and 1/2 cup of water. Transfer mixture to a 3-quart casserole.

Bake, covered, for 1 1/4 hours. Stir in corn and zucchini; bake 45 minutes longer.

Drain peaches. Add peach slices to stew; season to taste with additional salt and pepper.

Per Serving (excluding unknown items): 131 Calories; 4g Fat (25.9% calories from fat); 3g Protein; 23g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 280mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 0 Fruit; 1/2 Fat.