

Beef Stew II

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

2 pounds beef stew meat, browned in
a Dutch oven
2 1/2 cups water
2 bay leaves
3 carrots, sliced
3 to 4 stalks celery, chopped
2 to 3 potatoes, cubed
1 medium onion, chopped
1 can diced tomatoes
1 can (6 ounce) tomato paste or sauce
1/4 teaspoon thyme
1/4 teaspoon basil
1/4 teaspoon marjoram
1/4 teaspoon cayenne pepper
salt (to taste)
pepper (to taste)

In a Dutch oven, brown the beef stew meat.

Add the water and bay leaves. Cook until
tender.

Add all of the remaining ingredients. Simmer for
30 to 40 minutes.

*If you have left-over beef roast, it can
be used instead of stew meat.*

Per Serving (excluding unknown
items): 1923 Calories; 80g Fat
(38.2% calories from fat); 202g
Protein; 89g Carbohydrate; 17g
Dietary Fiber; 499mg Cholesterol;
750mg Sodium. Exchanges: 3
Grain(Starch); 28 Lean Meat; 8 1/2
Vegetable; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1923	Vitamin B6 (mg):	4.8mg
% Calories from Fat:	38.2%	Vitamin B12 (mcg):	28.1mcg
% Calories from Carbohydrates:	18.9%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	42.9%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	80g	Folacin (mcg):	211mcg
Saturated Fat (g):	31g	Niacin (mg):	37mg
Monounsaturated Fat (g):	34g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	499mg
Carbohydrate (g):	89g
Dietary Fiber (g):	17g
Protein (g):	202g
Sodium (mg):	750mg
Potassium (mg):	7126mg
Calcium (mg):	238mg
Iron (mg):	22mg
Zinc (mg):	51mg
Vitamin C (mg):	119mg
Vitamin A (i.u.):	62297IU
Vitamin A (r.e.):	6226 1/2RE

% Daily Values*

Food Exchanges

Grain (Starch):	3
Lean Meat:	28
Vegetable:	8 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1923 **Calories from Fat:** 734

% Daily Values*

Total Fat	80g	123%
Saturated Fat	31g	156%
Cholesterol	499mg	166%
Sodium	750mg	31%
Total Carbohydrates	89g	30%
Dietary Fiber	17g	68%
Protein	202g	
Vitamin A		1246%
Vitamin C		198%
Calcium		24%
Iron		120%

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