

Beef

Polynesian Beef Stew

Susan McEwen McIntosh

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Servings: 8

2 pounds lean round steak
2 cups tomato juice
1/2 cup unsweetened orange juice
1/2 cup unsweetened crushed pineapple
1/2 cup cider vinegar
1 tablespoon instant minced onion
1 tablespoon Worcestershire sauce
1/2 teaspoon garlic powder
1/2 teaspoon dry mustard
1/2 teaspoon ground cinnamon
1/8 teaspoon ground ginger
4 cups hot cooked rice

Trim the excess fat from the meat. Partially freeze the steak. Cut into 1-inch squares.

Place the meat on a broiling rack. Broil six inches from the heat until browned on all sides, turning as needed. Drain the meat on paper towels.

In a small Dutch oven, combine the meat, tomato juice, orange juice, pineapple, vinegar, onion, Worcestershire, garlic powder, mustard, cinnamon and ginger.

Bring to a boil. Cover and reduce the heat. Simmer for one and one-half hours or until the meat is tender.

Uncover and simmer an additional 20 minutes or until the sauce is thickened.

Serve over the rice.

Per Serving (excluding unknown items): 135 Calories; trace Fat (2.2% calories from fat); 3g Protein; 30g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 241mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.