



early childhood community development centre

Quick Vegetable Beef Stew

Ingredients

- 3/4 lb. ground round or sirloin
- 1 1/2 lg. white onion, minced
- 1 (18 oz.) can sliced potatoes (cut up some), drained
- 1 (17 oz.) can niblet corn, drained
- 2 (18 oz.) cans whole tomatoes, cut some
- 1 (4 1/2 oz.) can green beans, drained
- 1 (4 1/2 oz.) can lima beans, drained
- 1 (4 1/2 oz.) can green peas, drained
- Pepper to taste
- Dash cumin & thyme (1/4 tsp.)
- 1/2 tsp. garlic powder
- 2 tsp. chicken bouillon
- 1 c. cooked macaroni
- 1 (28 oz.) can tomato sauce

Directions

1. Brown meat in microwave and cook onion in microwave. Place in 5 quart Dutch oven on medium heat and cook on top. Pour in 2 cans whole tomatoes and tomato sauce. Pour in drained vegetables.
2. Season as directed. Add chicken bouillon and macaroni.
3. Simmer 30 minutes.

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