



## Beef Stew

### Instructions:

Coat a pot with 3 seconds of Pam and sauté the onion for 3 minutes on a low flame.

Add the beef and water, and simmer for 1 hour.

Add the other ingredients and simmer for another hour or more, depending on desired tenderness.

**Two 12 oz. bowls count as a one pot dinner**

---

### Prep Time:

10 minutes

---

### Cook Time:

2 hours

---

### Ingredients:

1 lb. beef

4 cups water

1 vine tomato - diced

1/2 zucchini - diced

1/2 medium eggplant -  
diced

1 handful fresh mint leaves

1 small onion - diced

salt, pepper, & garlic powder  
to taste

Pam