



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