

Southwestern Stew

We love this soup and hope you do too. If you use lean meat and low-sodium tomatoes, you have a very nourishing, low-fat stew.

2 pounds beef stew meat, cut into 1-inch cubes

1 Tb. cooking oil

2 cups water

1-1/4 cups chopped onion

1 cup salsa

2 garlic cloves, minced

1 Tb. dried parsley flakes

2 tsp. beef bouillon granules

1 tsp. ground cumin

1/2 tsp. salt, optional

3 medium carrots, cut into 1-inch pieces

1 can (14-1/2 oz.) diced tomatoes,
un-drained

1-1/2 cups frozen cut green beans

1-1/2 cups frozen corn

1 can (4 oz.) chopped green chilies

Hot pepper sauce, optional

In a 4-qt. Dutch oven over medium heat, brown meat in oil; drain.

Add the next eight ingredients; bring to a boil.

Reduce heat; cover and simmer for 1 hour.

Add carrots; return to a boil.

Reduce heat and simmer for 20 minutes.

Add tomatoes, beans, corn and chilies; return to a boil.

Reduce heat; cover and simmer for 15 - 20 minutes or until beef and vegetables are tender.

Season with hot pepper sauce, if desired.

This stew is good served over rice.

Yield: 8 servings.

