

Beef and Vegetable Stew

This hearty beef and vegetable stew is a filling meal on a cold evening. Serve with whole wheat bread.

Makes: 10 servings

Ingredients

- 2 pounds beef stew meat
- 1 tablespoon oil
- 2 cloves garlic, minced
- 1 head cabbage
- 2 large carrots
- 3 large tomatoes
- 3 large potatoes
- 2 medium onions
- 2 medium green peppers
- ½ tablespoon vinegar
- salt and pepper to taste



Directions

1. Chop all the vegetables.
2. In a stock pot over medium heat add oil, then add the stew meat and cook until browned.
3. Add the garlic and vegetables to the meat.
4. Add enough water to completely cover the mixture and add the vinegar.
5. Cook, covered, for two to three hours on low heat until everything is well done.

Note: Frozen and/or canned vegetables can be substituted for fresh vegetables.

Recipe from: *North Dakota Food and Culture: A Taste of World Cuisine*, North Dakota State University Extension Service, adapted by the USDA Food and Nutrition Administration.

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