

# Stew Pot Stew



Where service *and savings* matter.

**SERVINGS:** 6 servings

## NUTRITIONALS

Nutritional analysis per serving:  
calories 380, calories from fat 140, total fat 15g, saturated fat 6g, trans fat 0g, cholesterol 95mg, sodium 800mg, total carbohydrate 27g, dietary fiber 3g, sugars 7g, protein 33g, vitamin A 110%, vitamin C 50%, calcium 4%, iron 25%

## DIRECTIONS:

1. Place raw meat in bottom of the crock pot; add onions, potatoes, carrots.
2. Combine tomatoes, tapioca, sugar, salt, black pepper, and water in mixing bowl; blend thoroughly; pour over meat and vegetables in crock pot; cover with crock pot lid.
3. Cook on low for 8 to 10 hours or on high for 5 to 6 hours.

**Tip:** \*One 1 ½ lb package frozen stew vegetables may be substituted for fresh vegetable listed.

Source: Dr. Carter's father, Harley Martin

## INGREDIENTS:

- 2 lbs lean stew meat, cut in 1-inch cubes
- 2 small onions, quartered
- 2 medium potatoes, quartered
- 3 medium carrots, cut in 1-inch length
- 1-1 lb canned tomatoes
- 2 Tbsp tapioca
- 1 Tbsp sugar
- 1 ¼ tsp salt
- ¼ tsp black pepper
- 3 cups hot water

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