

# Beef Stew

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4 carrots  
2 stalks celery  
2 medium onions  
3 medium potatoes  
2 pounds beef stew meat  
2 tablespoons cornstarch  
½ teaspoon black pepper  
1 teaspoon salt  
2 (14.5 ounces each) cans no added salt diced tomatoes  
1 (10 ounces) package frozen corn

**Makes 12 portions, 1 cup each**

Per portion

Calories: 214  
Carbohydrate: 20 grams  
Protein: 24 grams  
Fat: 4 grams  
Saturated fat: 1 gram  
Cholesterol: 52 milligrams  
Sodium: 288 milligrams  
Dietary fiber: 4 grams

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1. Preheat oven to 350°.
  2. Wash and cut carrots into 1 inch pieces.
  3. Wash and chop celery and onions.
  4. Scrub potatoes and cut into 1 inch cubes.
  5. Mix all ingredients EXCEPT potatoes and corn in large covered roasting pan.
  6. Cover and bake at 350° for 2½ hours, stirring 2 or 3 times.
  7. Add corn and potatoes and cook an additional hour or until potatoes are tender.