



*Healthy Food, Healthy Families*  
**EFNEP**  
 EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

### Shirley's Baked Stew

- 2 lbs. stew meat or beef roast
- 3 stalks celery
- 6 carrots
- 1 onion
- 2 medium potatoes
- 1. Chop vegetables into bite sized pieces.
- 2. Place above ingredients in oven safe pan.



- 3. **Mix together:**
  - 1¼ cup tomato juice
  - 6 tsp tapioca
  - 2 tsp salt
  - ¼ tsp pepper
  - 1 cup water
- 4. Pour over meat and vegetables.
- 5. Bake at 300 degrees F. for 5-6 hours covered.

<b>Nutrition Facts</b>	
Serving Size (246g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 770mg	<b>32%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 5g	
<b>Protein</b> 23g	
Vitamin A 130%	• Vitamin C 30%
Calcium 4%	• Iron 20%



K-State Research and Extension is an equal opportunity provider and employer.

For more information contact Wildcat Extension Offices:

- Pittsburg** 620-232-1930
- Girard** 620-724-8233
- Altamont** 620-784-5337
- Independence** 620-331-2690