

Better Beef Stew

Serves 4-6

- 2 cans beef stew
- 1 bunch greens, such as kale or chard, chopped and steamed
- 1 (8-ounce) can corn, drained



1. Open stew cans and put stew into saucepan.

2. Add prepared vegetables.

3. Heat on stove until hot enough to serve.



Nutrition information calories 260, fat 13g, sodium 960mg, carbohydrates 26g, fiber 4 g, protein 12g



NOTE: This is a recipe using a prepared food that is high in sodium. Adding additional vegetables increases the fiber.



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Food for Thought

 • Variations: Add any variety
 • of leftover vegetables
 • to stew such as carrots,
 • spinach or celery.
