R E C I P

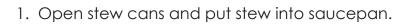
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Better Beef Stew

Serves 4-6

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



- 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.



