



HAMBURGER STEW

Number of servings: 7

Ingredients:

1 small round onion
2 stalks celery
2-3 medium potatoes
1-2 medium carrots
1 thumb size piece
ginger
1 clove garlic
1 pound lean ground
beef
Water to cover

Seasoning

1 (8-ounce) can tomato
sauce
2 teaspoons salt
1/8 teaspoon pepper
1/2 teaspoon sugar
1 tablespoon soy sauce

Thickening

2 tablespoons flour
1/4 cup water

Directions:

1. CHOP onion, celery, potatoes, and carrots.
2. CRUSH ginger and garlic.
3. In a large pot, FRY lean ground beef. POUR out fat.
4. ADD ginger and garlic to ground beef. STIR.
5. ADD onion, celery, potatoes, and carrot. STIR.
6. ADD water to cover the ingredients. ADD seasoning.
7. COOK until vegetables are tender. STIR.
8. In a small bowl, MIX flour and water mixture. ADD to stew to thicken.

Variations:

Use frozen and canned vegetables.
Use ground chicken or ground turkey instead of lean ground beef.
Use cream of mushroom soup instead of tomato sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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