Comfort Stew

1 pound lean ground beef
1 medium onion, chopped
1 can petite unsalted diced tomatoes
1 can reduced-sodium tomato sauce
1 can tomatoes with green chilies
1 can reduced-sodium whole kernel corn, drained
1 cup sliced celery
1 cup sliced carrots
1 large potato, peeled and chopped
1 cup of water (or more if needed)

Directions:

1. Brown ground beef and onion together until done.
2. Add the remaining ingredients and bring to a boil.
3. Cover and simmer for 30 minutes – 1 hour.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td></td>
<td>200</td>
<td>35</td>
</tr>
</tbody>
</table>

- Total Fat: 3.5g (5%)
- Saturated Fat: 1.5g (8%)
- Trans Fat: 0g
- Cholesterol: 40mg (13%)
- Sodium: 440mg (18%)
- Total Carbohydrate: 25g (8%)
- Dietary Fiber: 4g (16%)
- Sugars: 10g
- Protein: 19g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>25g</td>
<td>65g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>30g</td>
<td>60g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram: Fat 9  •  Carbohydrate 4  •  Protein 4

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