



WILD COWBOY STEW

SERVES 4-6

Ingredients:

1/2 lb. ground beef, lean, cooked, drained	1 1/2 cups tomato, diced
1 cup kidney beans, drained	1/8 cup mustard
2 cans (15 oz. each) baked beans	1/2 lb. carrots, chopped
1 cup onion, diced	2 tsp. vinegar
3/4 cup brown sugar	Salt and pepper (to taste)

Instructions:

1. Combine all ingredients in a large stock pot. Bring to a boil.
2. Cover and simmer for 1 hour.

Recipe adapted from USDA What's Cooking? Website:
<http://www.whatscooking.fns.usda.gov/quantity/child-nutrition-cnd/wild-cowboy-stew>



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