

TEXAS STEW

6 servings

1 c small shell pasta
1 lb extra lean ground beef
1 med sweet onion, chopped
1 med green pepper, chopped
1 t minced garlic (refrig kind)
3 sm cans (5 ½ oz each) V8 tomato juice
1 can (15 oz) vegetarian style baked beans, undrained
1 can (14 ½ oz) southwestern style diced tomatoes (or green pepper/onion diced tomatoes undrained)
½ c frozen corn, thawed
1 t chili powder (orig recipe called for 1 T chili powder)
½ t salt
¼ t pepper

Cook pasta according to package directions

Meanwhile, in soup kettle, cook the beef, onion, green pepper and minced garlic over med heat, until meat is no longer pink; drain excess liquid

stir in remaining ingredients (except pasta) and bring to a boil

Reduce heat; simmer uncovered for 10 min, stirring occasionally

Add pasta into stew and stir to combine completely

Serve immediately

[Sides could include salad, and corn bread]

1 serving= 1 1/3 c

307 cal

7 g fat

886 mg sodium

37 g carbs

7 g fiber

22 g protein

