Chunky Beef Stew with Vegetables
Makes 8 servings

Ingredients:
- 2 pounds bottom round steak, cut into small cubes.
- 1 cup water
- 3 fresh tomatoes, cut into quarters
- 2 cloves garlic, minced
- 3 teaspoons dried parsley or oregano
- 1 large onion, chopped
- ½ teaspoon salt, if desired
- ½ teaspoon pepper
- 6 carrots, cut into cubes
- 1 stalk celery, chopped
- 6 medium potatoes, peeled and cut into cubes
- 2 small zucchini, cut into cubes

Directions:
1. In a frying pan, cook meat over medium heat until light brown. Drain fat.
2. Add water, tomatoes, garlic, parsley or oregano, onion, salt, and pepper.
3. Cover and cook over low heat for 1 ½ hours, or until meat is tender. Add additional water as needed throughout the cooking period.
4. Add carrots, celery, and potatoes. Cook 15 minutes, then add zucchini.
5. Cook another 15 minutes until vegetables are tender.

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006