



Cheapskate Stew

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 3 carrots chopped
- ☐ 3 stalks celery chopped
- ☐ 2 cups elbow macaroni cooked
- ☐ 2 cups vegetables mixed frozen
- ☐ 6 servings ground pepper black to taste
- ☐ 1.5 teaspoons penzey's southwest seasoning italian
- ☐ 1.5 pounds ground beef lean

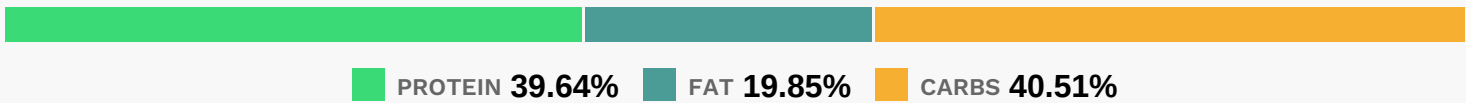
- ☐ 0.5 onion chopped
- ☐ 6 servings salt to taste
- ☐ 2 cups water

Equipment

Directions

- ☐ Brown the hamburger meat with onion and celery.
- ☐ Drain (if it is fatty hamburger meat).
- ☐ Add water and carrots, then cook 'til carrots are beginning to get tender. The carrots will be crunchy unless you cook them a fairly long time.
- ☐ Add leftover vegetables, macaroni, tomato sauce, Italian spices, and salt and pepper to taste, and simmer until the flavors blend and all ingredients are warm through.

Nutrition Facts



Properties

Glycemic Index:47.08, Glycemic Load:11.8, Inflammation Score:-10, Nutrition Score:25.223043431406%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 305.47kcal (15.27%), Fat: 6.77g (10.42%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 31.1lg (10.37%), Net Carbohydrates: 25.21g (9.17%), Sugar: 4.91g (5.45%), Cholesterol: 70.31mg (23.44%), Sodium: 675.05mg (29.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.87%), Vitamin A: 8581.9IU (171.64%), Selenium: 32.9µg (47%), Zinc: 6.58mg (43.84%), Vitamin B12: 2.54µg (42.34%), Vitamin B3: 8.28mg (41.39%), Vitamin B6: 0.67mg (33.42%), Phosphorus: 325.56mg (32.56%), Potassium: 922.65mg (26.36%), Iron: 4.53mg (25.19%), Manganese: 0.5mg (24.99%), Fiber: 5.9g (23.59%), Vitamin B2: 0.32mg (19.05%), Vitamin C: 14.38mg (17.43%), Magnesium: 67.63mg (16.91%), Copper: 0.31mg (15.67%), Vitamin K: 15.52µg (14.78%), Vitamin B5: 1.25mg (12.48%),

Folate: 48.85µg (12.21%), Vitamin B1: 0.18mg (11.76%), Vitamin E: 1.72mg (11.44%), Calcium: 69.65mg (6.96%)