

A recipe from

DAD'S COOKBOOK



Rating:



Pregnant Stew

No, it won't make you preggers to eat this stew. You will feel so full you might think you were pregnant, though. This was about the only meal Paula Jo could keep down when pregnant with Jessica..

- 1 lb ground beef*
- 1 yellow onion, chopped*
- 2 tsp minced garlic*
- 2 stalks celery, sliced*
- 1 can diced tomatoes*
- 1 can (16 oz) tomato sauce*
- lemon pepper, to taste*
- salt, to taste*
- ½ to 1 lb carrots, sliced*
- 1½ lb potatoes, sliced*

In a large skillet over medium-high heat, brown beef and onion. When beef is done and onions are translucent, transfer to a stewpot. Add garlic, celery, tomatoes and sauce to the pot, and season with lemon pepper and salt. Stir together and bring to a simmer over medium heat. Add carrots and potatoes and reduce heat to medium-low. Simmer until veggies are tender, about 20 minutes or so.

Yield: Enough stew to make you feel pregnant; about six to eight servings

Preparation time: 10 minutes

Cooking time: 35 minutes

