

Southern Style Beef Stew

Yield: 10 min
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-baby-lima-beans-recipe>

Ingredients:

- 1 tablespoon butter
- 1 1/2 pounds beef stew meat cut into 1/2 inch pieces
- 10 ounces diced tomatoes and green chiles
- 43 1/2 ounces diced tomatoes stewed
- 10 ounces okra frozen cut
- 10 ounces baby lima beans frozen
- 10 ounces frozen corn kernels
- 4 potatoes medium, peeled and diced

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 11 grams
6. Protein: 11 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 30 milligrams
9. Sugar: 9 grams

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