



MyPantry
includes vegetables

Beef Stew Macaroni (Serves 4)

Ingredients:

- 2 cups elbow macaroni*
- 1 cup diced yellow onion (about half an onion)
- 1 can (14.5 oz.) diced tomatoes, no salt added*
- 1 can (15 oz.) peas and diced carrots drained, no salt added
- 1 pouch (24 oz.) beef stew*
- 2 tbsp. olive oil
- 1 tbsp. chopped garlic
- ½ tsp. pepper
- 1 tsp. sugar
- 1 tsp. dried thyme

Directions:

1. Bring to boil 2 quarts of water in large stock pot. Add macaroni and cook for 10 to 12 minutes until tender. Drain and set aside.
2. In a large pan on medium heat, add 2 tbsp. of cooking oil. Add chopped onions and garlic. Cook for 5 minutes, or until onions are translucent.
3. Add the beef stew and diced tomatoes to pan of onions. Bring mixture to a boil. Add pepper, sugar, and dried thyme. Reduce heat and let simmer for 5 minutes.
4. Stir in macaroni, peas and carrots and heat for 2 minutes.

Chef's Note: Serve with your favorite bread for a more complete plate.



* Items typically found in food pantries

Nutrition Facts

Serving Size		1 Serving
Amount Per Serving		
Calories		500
		% Daily Values*
Total Fat	16.3g	25%
Saturated Fat	4.4g	22%
Polyunsaturated Fat	1.4g	
Monounsaturated Fat	5g	
Cholesterol	11mg	4%
Sodium	371mg	15%
Total Carbohydrate	74.9g	25%
Dietary Fiber	9.3g	37%
Sugars	12.1g	
Protein	15.2g	
Calcium	460mg	16%
Iron	16.7mg	63%
Potassium	426mg	7%
Vitamin A	33900IU	678%
Vitamin C	98.1mg	164%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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MyPlate Food Groups Per Serving:

- V** 1 cup Vegetables
- G** 1 cup Grains
- P** 1/4 cup Protein

Recipe created by Chef Quan Hoang, who serves as the Washington State Executive Mansion Chef.



Washington
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Agriculture



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