

Kathy's Beef and Vegetable Stew

A friend makes this, and never the same way twice. It's always delicious and easy to prepare.

Ingredients:

- 1 pound ground beef
- 1/2 C chopped onion
- 4 C mixed vegetables
- 1 can chopped tomatoes or tomato sauce
- 1 large potato, cubed, optional
- 4 C beef or chicken broth
- Grated cheese

Instructions:

1. Brown beef and onion.
2. Add vegetables, tomatoes, potato, and broth.
3. Cook until vegetables and potato is done.
4. Garnish with grated cheese to serve.

Note:

You can use whatever combination of vegetables for this stew. It's a good one to use up any veggies that are in your fridge, or from your garden. I like it with potato, but if you're low carb, you can omit the potato. You can also add more or less broth to your preference as well. I like thicker soups, without a lot of broth, but add more broth if you prefer. In other words, this is a very flexible recipe and a great one to experiment with! The only thing I find I can't live without with it, is the tomatoes. I'm not a huge fan of tomatoes, but they add something to the stew that it needs. I'll often use tomato sauce if I don't want chunks of tomato.

Serves: 4-6, approximately