Beef and Cranberry Stew

Kid-Approved!

Flip over sheet for the recipe!
**Beef and Cranberry Stew**

1 1/2 pounds stewing beef ($2.12)  
1 cup fresh cranberries ($0.50)  
1/2 onion, chopped ($0.15)  
2 celery stalks, chopped ($0.10)  
1/2 cup (8 ounces) white rice ($0.10)  
1 can (8 ounces) crushed pineapple with its juice ($0.59)

1 Golden Delicious apple, chopped ($0.25)  
1 cup orange juice ($0.15)  
2 cups frozen green beans ($1)

Add the stewing beef, fresh cranberries, chopped onion, chopped celery, crushed pineapple, chopped apple, and orange juice to the insert of a slow cooker. Set the slow cooker on low, and cook the stew for 8 hours. After the stew has been cooking for about 7 hours, add the 1/2 cup of rice plus 1 cup of water and continue to cook the stew for 1 more hour.

Cook the frozen green beans according to the package directions.

Serve Cranberry Stew with a side of Green Beans.

**Cost** $4.96

**FRUGAL FACT:** At the start of the winter months, purchase a larger “family pack” of stewing beef for a lower price than individual meal-size packages. Divide the stewing beef from the larger package into 1- or 1 1/2-pound portions and freeze in freezer ziplock bags.

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**Your Cook Fred’s Notes**

- I used a can of cranberry sauce with whole berries since I couldn’t find fresh cranberries.
- I thought the stew needed some salt and pepper, so I added that!
- It was a fruit-flavored change to regular beef stew.

**Ideas for Next Time**

I think I might add some cubed potatoes!