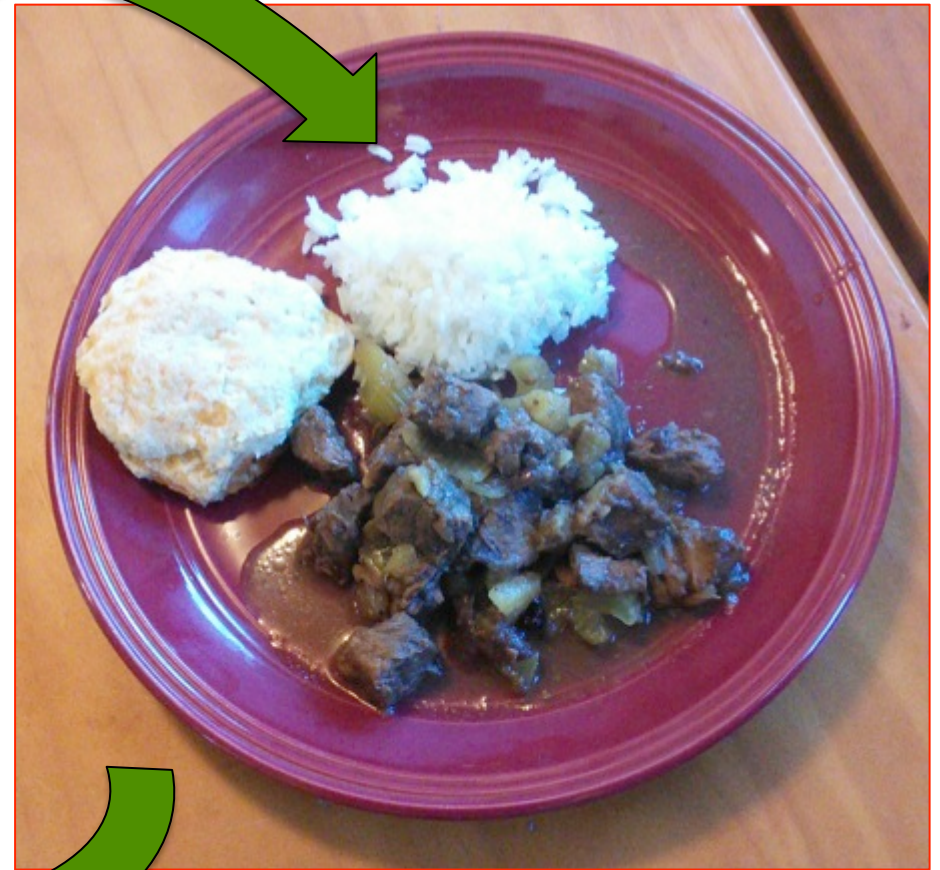
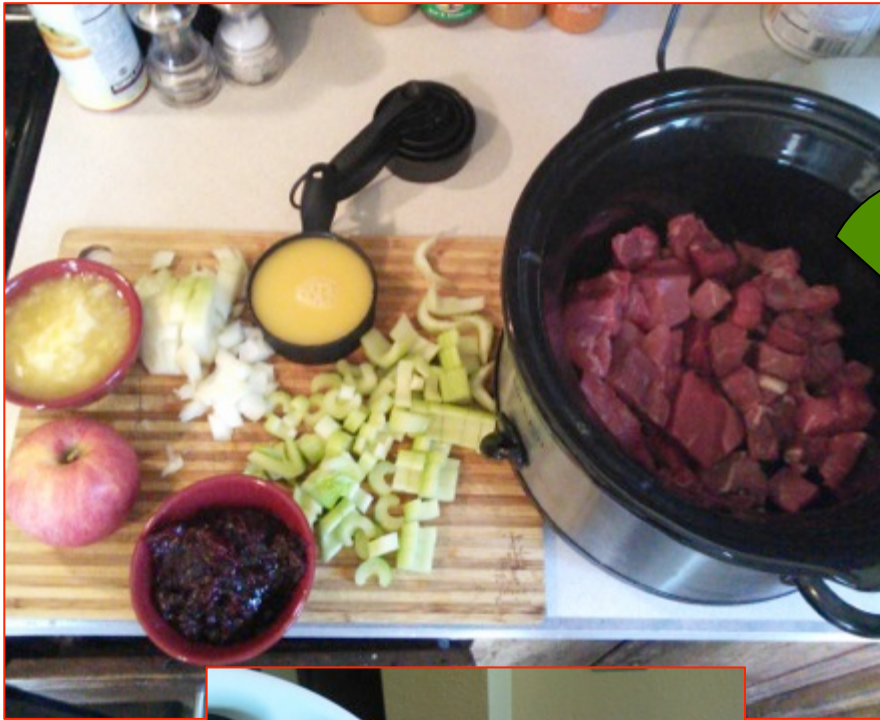


Beef and Cranberry Stew



Kid-Approved!

Flip over sheet for the recipe!

Beef and Cranberry Stew

1½ pounds stewing beef (\$2.12)	1 Golden Delicious apple, chopped (\$1.25)
1 cup fresh cranberries (\$.50)	1 cup orange juice (\$.15)
½ onion, chopped (\$.15)	2 cups frozen green beans (\$1)
2 celery stalks, chopped (\$.10)	
½ cup (8 ounces) white rice (\$.10)	
1 can (8 ounces) crushed pineapple with its juice (\$.59)	

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 ½ 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 1½-pound portions and freeze in freezer ziplock bags.*

This recipe is taken from:

The \$5 Dinner Mom Cookbook

By: Erin Chase

Published by St. Martin's Griffin in 2010

Book is available at the SKC Library!
Call Number TX 652 .C484 2010

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!