

Can-Do Meatball Stew

Serves 6

- 1-1/2 lb. lean ground beef
- 1 egg, slightly beaten
- 1 cup dry bread crumbs
- 1/4 cup finely chopped onion
- 1/8 teaspoon ground black pepper
- 1 (14.5 oz.) can low-sodium beef broth
- 1 (10-3/4 oz.) can tomato soup (condensed, don't add water or milk)
- 1 (14.5 oz.) can carrots, drained and rinsed
- 2 (14.5 oz.) cans white potatoes, drained, rinsed and diced

1. Mix ground beef, egg, bread crumbs, onion and pepper until just blended. Shape into 50 meatballs.
2. Using a baking sheet or pan with sides, bake meatballs at 350 degrees F. for 30 minutes or until done.
3. While meatballs are baking, mix broth and tomato soup in a large kettle. Heat thoroughly, stirring occasionally.
4. Drain fat from meatballs. Add carrots, potatoes and meatballs, heat over medium heat until vegetables are hot.
5. Serve in soup bowls.

Nutrition Facts	
Serving Size (336g)	
Servings Per Container 6	
Amount Per Serving	
Calories 270	Calories from Fat 60
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	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 590mg	25%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 27g	
<hr/>	
Vitamin A 150%	Vitamin C 15%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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