

# HAMBURGER STEW

## Ingredients:

2 pounds ground beef – extra lean or ground turkey  
2 medium yellow onions, chopped  
2 cans (14-1/2 ounces each) stewed tomatoes  
1 can Rotel tomatoes  
8 medium carrots, thinly sliced  
4 celery ribs, thinly sliced  
2 medium potatoes, peeled and cubed  
handfull of fresh mushrooms  
1.5 cans low sodium beef broth  
1 to 2 tablespoons salt  
1 to 2 teaspoons pepper

## Directions:

Cook beef over medium heat; drain. Saute onion, carrots, mushrooms and celery; drain. Combine all ingredients; bring to a boil. Reduce heat; cover and simmer for 30 minutes until vegetables and potatoes are tender. Uncover; simmer 20-30 minutes longer or until thickened. Enjoy!