

SWEET POTATO STEW

Preparation: 20 min.. | Cooking: 20 min. | Servings: 4

INGREDIENTS

2 cans (14 1/2 ounces each) reduced sodium beef broth
3/4 lb. lean ground beef (90% lean)
2 medium sweet potatoes, peeled and cut into 1/2 inch cubes
1 small onion, finely chopped
1 garlic clove
1/2 cup V8 juice
1 tbsp. golden raisins
1/2 tsp. dried thyme
Dash cayenne pepper



INSTRUCTIONS

In a large saucepan, bring broth to a boil. Crumble beef into broth. Cook covered for 3 minutes, stirring occasionally. Add remaining ingredients; return to a boil. Reduce heat; simmer, uncovered, until meat is no longer pink and potatoes are tender, about 15 minutes.