

Country Style Bean Stew

2 tea canals oil

1 lb. ground meat

1/2 Cup ch. onion

2 Cloves garlic minced

1/2 tea salt

1/4 " pepper

1/4 " thyme

1 Cup diced carrots

1 " " rutabaga

1/2 " " celery

1/2 " ch. gr. pepper

1 can (407ml) tomatoes

3 cups cooked kidney

beans.

Brown meat, onion, garlic, p & thyme

Add remaining vegs.

Bring to a boil - simmer 20 mins.

not that good (8 servings)