

## Hawaiian Stew



**Rated:** ★★★★★

**Submitted By:**  
STEPHANIE T

**Prep Time:**  
20 Minutes

**Cook Time:** 1  
Hour

**Ready In:** 1 Hour  
20 Minutes

**Servings:** 8

"Ground beef, green beans, onions, tomatoes, bell peppers, and cabbage are all layered into a large stock then covered with soy sauce and simmered for an hour. Served hot over steamed white rice."

### INGREDIENTS:

2 pounds ground beef	2 large tomatoes, sliced
2 pounds fresh green beans, cut into 1 inch pieces	2 medium heads cabbage, quartered
2 large Spanish onions, sliced	soy sauce
2 green bell peppers, chopped	1 cup white rice

### DIRECTIONS:

1. In a large stock pot, layer ground beef, green beans, onions, bell peppers, and tomatoes. Finish with a layer of cabbage, then evenly drizzle soy sauce over top. Cover and cook over medium for 1 hour, or until cabbage is tender and meat is well done. Reduce heat as needed to prevent burning.
2. Meanwhile, rinse rice in a fine mesh strainer under cold running water until no longer cloudy. Transfer to a medium saucepan and cover with 2 cups water. Bring to a boil, cover, and reduce heat to low. Simmer for 15 minutes, remove from heat and let stand for 10 minutes, or until all liquid has evaporated. Serve over rice.

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-- Angela Sackett



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