

SINCE 1896



PREMIUM

STEWED

CAJUN RECIPE
TOMATOES

Sliced with Onion,
Cajun Spices & Bell Pepper



NET WT
14.5 OZ
(411g)

Nutrition Facts

Serving Size 1/2 cup (123g)
Servings Per Container about 3 1/2

Amount/Serving	% Daily Value*
Calories 35	Calories from Fat 0

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	

Vitamin A 10% • Vitamin C 20%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: TOMATOES, TOMATO JUICE, HIGH FRUCTOSE CORN SYRUP, SALT, DEHYDRATED ONION, SPICES, DEHYDRATED CELERY, DEHYDRATED BELL PEPPER, CITRIC ACID, DEHYDRATED GARLIC, CALCIUM CHLORIDE, NATURAL FLAVORING.

Cajun Beef Stew

Prep: 15 minutes
Cook: 70 minutes

Servings: 4 to 6

- 1-1/2 lb. stew beef, cut in 1-inch cubes
- 3 Tbsp. flour
- 2 Tbsp. oil
- 1 cup chopped onion
- 1 cup chopped green pepper
- 3 cloves garlic, minced
- 2 cans (14.5 oz. each) S&W® Stewed Tomatoes Cajun Recipe
- 1 cup beef broth
- 1/2 tsp. cayenne pepper (to taste)
- 1 can (15.25 oz.) S&W® Kidney Beans, drained

1. Toss meat with flour. Season with salt and pepper, if desired.
2. Brown meat in oil. Add onion, green pepper and garlic; cook 3 minutes.
3. Add undrained tomatoes, broth and cayenne. Cover and cook 1 hour. Add beans; cook, uncovered, until meat is tender.

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REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.

*NET CARBS PER SERVING = TOTAL CARBS MINUS FIBER



36855 3X B1 4.09 UNL