



GROUP 4
BEST OF BEEF

15

OLD-FASHIONED BEEF STEW

We took Grandma's recipe, trimmed the fat, and enhanced the flavor. This is a wholesome stew you can savor—even on a diet.



- Trimmed lean beef saves on calories
- It also scores high in protein and iron
- Only 247 calories per serving

Hearty Fare



PREPARATION TIME

25 minutes

COOKING TIME

1½ hours

OLD-FASHIONED BEEF STEW • Healthy Meals in Minutes™

SERVES 6

- 1 pound lean beef chuck, trimmed and cut into 1-inch cubes
- 2 tablespoons all-purpose flour
- 2 teaspoons vegetable oil
- 2 large yellow onions, thinly sliced (about 3 cups)
- 2 cups sliced mushrooms
- 2 cloves garlic, minced
- 2 teaspoons reduced-sodium tomato paste
- 2 cups reduced-sodium beef broth
- 4 cups sliced carrots
- 2 medium russet potatoes, thinly sliced (about 2 cups)
- 1 cup 1-inch green bean pieces
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- ¼ cup chopped fresh parsley

PER SERVING: Calories 247 (19% from fat) Carbohydrates 30 g
Protein 20 g Sodium 89 mg Fat 5 g Cholesterol 45 mg

1 Coat beef with flour, shaking off excess. In a large nonstick pot, heat oil over medium-high heat. Add beef; sauté until browned, about 6 minutes. Place on a plate.

2 Add onions and mushrooms to pot; sauté for 6 minutes. Add garlic; sauté, stirring for 1 minute. Pour off fat. Return beef to pot; stir in tomato paste, then broth. Add enough water to just cover; bring to a boil. Reduce heat to low; simmer until beef is tender, about 1¼ hours. Skim off any foam.

3 Add carrots, potatoes, and green beans. Cover partially; simmer for 15 minutes.

4 In a small bowl, mix cornstarch and cold water; stir into stew. Increase heat and boil uncovered for 1 minute. Sprinkle with parsley and serve.

COOK'S TIPS



Browning beef before simmering it in a stew produces juicy, extra-flavorful meat. Pat the meat dry with paper towels before adding it to the hot pan.



When sautéing onion and garlic, sauté the onion first. Onion needs a longer cooking time, and garlic may burn if cooked for too long at too high a heat.