



Vegetable Beef Stew

Prep: 25 minutes

Cook: 2 hours 15 minutes • Serves: 8

- ¼ cup all-purpose flour
- ¾ teaspoon salt
- ¾ teaspoon ground black pepper
- 2½ pounds boneless sirloin tip roast, fat trimmed, cut into 1½-inch pieces
- 3 tablespoons vegetable oil
- 1 large onion, coarsely chopped (about 1½ cups)
- 1 cup dry red wine
- 2 cans (14 ounces each) less-sodium beef broth (3½ cups)
- 1 can (14.5 ounces) diced tomatoes
- 3 garlic cloves, minced (1 tablespoon)
- 1 bay leaf
- 4 medium carrots, coarsely chopped (about 2 cups)
- 4 medium celery ribs, coarsely chopped (about 2 cups)
- 3 medium Idaho potatoes, unpeeled, cut into 1-inch pieces (about 3 cups)
- 2 tablespoons chopped fresh parsley leaves plus additional leaves for garnish (optional)
- 1 tablespoon Worcestershire sauce
- 2 teaspoons chopped fresh thyme leaves

1. In large bowl, combine flour and ½ teaspoon each salt and pepper; add beef and toss to coat. In large saucepot, heat 2 tablespoons oil over medium-high heat. In 2 batches, shaking off excess flour, add beef to saucepot, and cook 3 to 5 minutes or until beef is browned, stirring occasionally. With slotted spoon, transfer beef to large bowl.

2. Add remaining 1 tablespoon oil and onion to saucepot and cook 4 to 5 minutes or until onion is tender. Add wine and cook 1 minute, stirring with wooden spoon to loosen browned bits from bottom of saucepot. Add broth, tomatoes with their juice, garlic, bay leaf, remaining ¼ teaspoon each salt and pepper and beef with any drippings in bowl; heat to boiling. Reduce heat to medium-low, and cook, covered, 45 minutes. Uncover and cook, 45 minutes longer, stirring occasionally.

3. Add carrots, celery, potatoes, parsley, Worcestershire and thyme and cook, uncovered, 30 minutes longer or until beef and vegetables tender, stirring occasionally. Makes about 10 cups.

4. Remove and discard bay leaf. Ladle stew into bowls. Garnish with parsley, if desired.

Approximate nutritional values per serving: 336 Calories, 10g Fat (3g Saturated), 64mg Cholesterol, 605mg Sodium, 26g Carbohydrates, 4g Fiber, 27g Protein