

Hearty Beef Stew



Ingredients

Directions

1 med.	Russet potato, peeled & sliced into chunks	<p>In a medium pot, add potatoes, celery, onion, & beef.</p> <p>In a medium sized bowl, combine cornstarch & water; stir until completely blended. Pour into pot with vegetables & beef.</p> <p>Add seasonings.</p> <p>Bring to a boil over medium-high heat.</p> <p>Reduce heat to low; simmer, stirring occasionally, for 15 min. or until vegetables are tender. Stir in green beans; cook for an additional minute or two.</p> <p>Adjust seasonings, if necessary.</p> <p>Scoop into bowls; serve hot.</p>
½ c.	Carrots, sliced	
½ c.	Celery, diced	
¼ c.	Onion, diced	
1 c.	Beef	
1 ½ c.	Water	
1 Tbsp.	Cornstarch	
1 ½ Tbsp.	Worcestershire sauce	
½ - 1 tsp.	Pepper	
¾ c.	Green beans (½ of a 14.5 oz. can), drained & rinsed	
To taste	Salt	

Prep: 10-15 mins.

Cook: 15-20 mins.

Makes: 3 cups (3 -1 c. servings)

Nutrition Facts

3 servings per container

Serving size 1 c.

Amount Per Serving

Calories 270

% Daily Value*

Total Fat 7g 9%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 250mg 11%

Total Carbohydrate 33g 12%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 20g 40%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Leftovers? Make Shepherd's Pie!
Add stew to small baking dish, cover with mashed potatoes, bake @ 350 for 30 minutes.

*Great source of
Vitamins A & C
and Iron!*



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