



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Beef and Vegetable Stew

Ingredients

- 2 tsp olive oil
- 2 lbs sirloin steak, cut into ½ inch cubes
- 2 medium onions (or 1 extra-large) chopped (to save time, use 2 cups frozen chopped onion)
- 5 garlic cloves, chopped
- 2 tbs tomato paste
- 1 ½ cups fat-free, lower-sodium beef broth
- 2 cups sliced carrots (to save time, use frozen sliced carrots)
- 2 tbs chopped fresh thyme
- 1 (28-oz) can diced tomatoes
- 1 rosemary sprig
- 1 bay leaf

Directions

1. Heat oil in a large Dutch oven. Add beef and brown.
2. Remove beef from pan, add onions and garlic. Sauté until onions become soft.
3. Add tomato paste and beef broth and bring to a slow boil.
4. Return meat to pan and add the rest of the ingredients.
5. Bring to a simmer.
6. Cover and cook for 1 hour and 15 minutes, or until vegetables are tender. Stir occasionally.
7. Discard rosemary and bay leaf before serving.

Nutrition Information Makes 8 servings (1 ½ cups)

Per serving:

Calories: 290
Fat: 12g
Carbohydrate: 11g
Protein: 35g
Fiber: 2g
Sodium: 440mg



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Eat Smart