



## Beef and Vegetable Stew

Serving Size: 1 ½ cups

Yield: 8 servings

### Ingredients:

2 tsp. olive oil  
2 pounds 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 Tbsp. tomato paste

1 ½ cups fat-free, lower-sodium beef broth  
2 cups sliced carrots (to save time, use frozen sliced carrots)  
2 Tbsp. 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. Cover and cook for 1 hour and 15 minutes, or until vegetables are tender. Stir occasionally.
6. Discard rosemary and bay leaf before serving.

**Nutrition Information Per serving:** Calories: 290 Fat: 12g, Carbohydrate: 11g, Protein: 35g, Fiber: 2g, Sodium: 440mg.

**Source:** Cooperative Extension System, [www.extension.org](http://www.extension.org)



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