

## Vegetable Beef Stew

## INGREDIENTS

- » Nonstick vegetable cooking spray
- » 1 tsp vegetable oil
- » 1 lb beef stew meat
- » 1 can (14 oz) low-sodium beef broth
- » 2/3 cup water
- » 2 cups red potatoes, cubed
- » 1 medium onion, sliced
- » 1 cup carrots, sliced
- » 1 tbsp balsamic vinegar
- » 1/2 tsp dried thyme
- » 1/2 tsp pepper
- » 2 tbsp tomato ketchup
- » 1/2 cup frozen petite green peas

### Nutritional Content

Per Serving

Calories	279cal	Cholesterol	69mg
Protein	28g	Sodium	658mg
Carbohydrate	25g	Calories from Fat	24%
Fat	7g	Fiber	3g
Saturated Fat	2g		

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## INSTRUCTIONS

In a large saucepan sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil. When hot, add beef stew meat and cook 3 to 4 minutes until browned on all sides. Remove beef and set aside. Add beef broth to saucepan with water. Add red potatoes, onions, carrots, balsamic vinegar, dried thyme, pepper, and ketchup. Bring to a boil and add the beef back to the saucepan. Reduce heat to medium-low, cover, and simmer for 30 minutes or until meat is done. Add frozen peas and cook 2 more minutes. Serves 4.