

Vegetable Beef Stew

INGREDIENTS

- » Nonstick vegetable cooking spray
- » 1/2 tsp vegetable oil
- » 4 oz beef stew meat
- » 1/4 (14 oz) can low-sodium beef broth
- » 1/4 cup water
- » 1/2 cup red potatoes, cubed
- » 1/4 medium onion, sliced
- » 1/4 cup carrots, sliced
- » 1 tsp balsamic vinegar
- » Dash of dried thyme
- » Dash of pepper
- » 1/2 tbsp tomato ketchup
- » 2 tbsp frozen petite green peas

Nutritional Content

Per Serving

Calories	290cal	Cholesterol	69mg
Protein	28g	Sodium	658mg
Carbohydrate	25g	Calories from Fat	26%
Fat	9g	Fiber	3g
Saturated Fat	2g		

www.cornerstones4care.com

↪ See reverse for instructions

Vegetable Beef Stew

INSTRUCTIONS

In a 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 25 minutes or until meat is done. Add frozen peas and cook 2 more minutes. Serves 1.

www.cornerstones4care.com

©2010 Novo Nordisk Inc.

