Chunky Beef Stew with Vegetables
Makes 8 servings

Ingredients:
- 2 pounds bottom round steak, cut into small cubes.
- 1 cup water
- 3 fresh tomatoes, cut into quarters
- 2 cloves garlic, minced
- 3 teaspoons dried parsley or oregano
- 1 large onion, chopped
- ½ teaspoon salt, if desired
- ½ teaspoon pepper
- 6 carrots, cut into cubes
- 1 stalk celery, chopped
- 6 medium potatoes, peeled and cut into cubes
- 2 small zucchini, cut into cubes

Directions:
1. In a Dutch oven, cook meat over medium heat until light brown. Drain fat.
2. Add water, tomatoes, garlic, parsley or oregano, onion, salt, and pepper.
3. Cover and cook over low heat for 1 ½ hours, or until meat is tender. Add additional water as needed throughout the cooking period.
4. Add carrots, celery, and potatoes. Cook 15 minutes, then add zucchini.
5. Cook another 15 minutes until vegetables are tender.

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006

Nutrition Facts
8 servings per container
Serving size 1/8 of recipe (413g)

Amount per serving
Calories 300
% Daily Value*
Total Fat 8g 8%
Saturated Fat 2.5g 13%
Trans Fat 0g
Cholesterol 60mg 20%
Sodium 130mg 6%
Total Carbohydrate 34g 12%
Dietary Fiber 5g 18%
Total Sugar 6g
Includes 0g Added Sugars 0%
Protein 28g

Vitamin D 0mcg 0%
Calcium 50mg 4%
Iron 3mg 15%
Potassium 790mg 15%

*The % Daily Value 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.

18% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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