

SERVES 4

Bonnie Conrad, Dietitian

In the winter, there's nothing more comforting than a plate of hearty beef stew served over mashed potatoes.

TIPS

If desired, substitute 1 can (10 oz/284 mL) condensed beef broth (undiluted) for the water and bouillon cubes.

Freeze in airtight containers or resealable plastic bags for up to 3 months.

DIETITIAN'S MESSAGE

This comforting stew provides 1 meat, and 2 vegetable servings. Adding rice or noodles and ending the meal with Orange Crème Caramel ensures that all the food groups are represented.

Slow-Cooked Beef Stew

Electric slow cooker

1 lb	lean stewing beef, cut into 1-inch (2.5 cm) cubes and patted dry	500 g
1 tbsp	all-purpose flour	15 mL
2 tsp	vegetable oil	10 mL
2 cups	cubed turnips	500 mL
2 cups	cubed carrots	500 mL
1 cup	sliced onions	250 mL
1 1/2 cups	boiling water	375 mL
2	beef bouillon cubes or sachets	2
3 tbsp	red wine vinegar	45 mL
3 tbsp	ketchup	45 mL
4 tsp	prepared mustard	20 mL
1 tsp	Worcestershire sauce	5 mL
2 tbsp	all-purpose flour	25 mL
3 tbsp	cold water	45 mL

1. In a large bowl, toss beef cubes with flour; set aside. In a large nonstick skillet, heat oil over medium-high heat; add beef and cook for 4 to 5 minutes or until browned on all sides. Place in slow cooker. Add turnips, carrots and onions.
2. In a medium bowl, blend together water, bouillon, vinegar, ketchup, mustard and Worcestershire sauce. Add to slow cooker; stir gently. Cook, covered, on Low heat setting for 9 hours.
3. In a measuring cup, whisk together flour and water. Add flour mixture to stew; stir gently to blend. Increase heat setting to High; cook, covered, for 15 minutes or until thickened.

PER SERVING

Calories : 308

Dietary Fiber: 4 g

Carbohydrate: 24 g

Fat: 11 g

Protein: 28 g