

MAKES 8 SERVINGS

Eileen Campbell

This is an ideal meal for entertaining because it can be prepared ahead of time and placed in the slow cooker earlier in the day to be ready for your company at night. The steak is so tender that even small children, who do not usually like to chew meat, will enjoy it.

Planned Extras

Use leftover meat to make delicious sandwiches for another meal.

Slow-Cooked Chili Flank Steak or Brisket

• **Preparation time: 20 minutes / Cooking time: 20 minutes / Slow cooker time: 6 to 8 hours**

• *Slow cooker*

2 lbs	flank steak or beef brisket	1 kg
1/2 tsp	freshly ground black pepper	2 mL
1 tbsp	vegetable oil	15 mL
3	stalks celery, with leaves, cut into chunks and leaves chopped	3
2	cloves garlic, minced	2
1	onion, cut into chunks	1
1 cup	reduced-sodium beef broth	250 mL
1	can (19 oz/540 mL) chili-flavored or regular stewed tomatoes, with juice (about 2 1/3 cups/575 mL)	1
1	large carrot, cut into chunks	1
1	bay leaf	1
1/2 tsp	dried thyme	2 mL
2 tsp	chili powder	10 mL

1. Cut beef into large pieces that will comfortably fit in your slow cooker. Season with pepper.
2. In a large skillet, heat oil over medium-high heat. Cook beef for 3 to 4 minutes per side or until browned on all sides. Transfer beef to slow cooker.
3. In the fat remaining in the skillet, sauté celery (including leaves), garlic and onion until lightly browned, about 5 minutes. Add to slow cooker.

4. Add stock to skillet and scrape up any brown bits from the bottom. Pour liquid into slow cooker.
5. To the slow cooker, add tomatoes and juice, carrot, bay leaf, thyme and chili powder; stir to combine. Cover and cook on Low for 6 to 8 hours or until beef is fork-tender. Discard bay leaf.
6. Slice beef across the grain and arrange on a platter. Skim fat from sauce, pour over meat and serve.

 **FREEZER FRIENDLY**
 **KID APPROVED**

SERVING IDEA: Serve with Spinach Spaghettini (page 272) and steamed green beans for a tasty and easy dinner.

Timing Is Everything

Every meal needs planning to ensure that everything is ready at the same time. Try to balance your recipe choices to combine dishes that can cook unattended on the stove, in the oven or in the microwave with those that require last-minute attention. A good menu balance could include a slow-cooked meat dish and rice, along with a salad and quick-cooking vegetables.

Break the menu into steps and make a preparation plan. For example, if you need diced onions or chopped garlic for several recipes, do all the chopping at once and measure out the amount for each.

You can also prepare in advance any items that will hold well overnight. Some ingredients – such as grains, legumes, pasta and sauces, salsas and dips – can be cooked in quantity and used throughout the week for quick meal additions. These healthy additions will be lifesavers on days when you're pressed for time.

NUTRIENTS Per Serving

Calories: 256	Carbohydrate: 8.2 g	Calcium: 71 mg
Fat: 12.1 g	Fiber: 2.2 g	Iron: 3.1 mg
Sodium: 619 mg	Protein: 26.4 g	

Very high in: Vitamin A, niacin, vitamin B₁₂ and zinc
High in: Iron and vitamin B₆ • **A source of:** Dietary fiber

Planned Extras

Use leftover sauce to create a tasty beef and vegetable soup. Add the trimmings from the meat, some chopped fresh (or leftover) vegetables, such as carrot, celery, potato, sweet potato, cabbage or peppers, and enough extra liquid or beef stock to create a soupy mixture. Heat on high, then reduce heat and simmer for 30 minutes or until vegetables are just tender.

Diabetes Food Choice Values Per Serving

3 Meat & Alternatives