



Hearty Beef and Bean Stew

Serves 6 – 8

Hearty in 2 ways!

Fills you up plus beans are good for your heart.

Ingredients:

1 Tbsp. vegetable oil	½ teas. pepper
Beef roast, 2 lb. cut into 1-inch cubes and trimmed of fat (easier to cube if slightly frozen)	2 teas. salt-free herb blend
2 cans diced tomatoes*	2 Tbsp. Worcestershire sauce
1 cup water	2 cups chopped onions (2 med.)
2 teas. garlic powder	2 cups chopped celery (
2 teas. beef soup base <u>OR</u> ½ teas. salt	3 cups chopped carrots (3 lg. or 18 baby)
1 teas. paprika	3 cups cubed potatoes (3 med.)
	2 cans vegetarian, navy beans

*14.5 oz. salt-free or low sodium

For a spicier version of the stew, add 2-3 teaspoons of the salt-free zesty blend

Zesty blend: Add the following to a jar, seal the lid, shake and mix well. Store in an airtight container

1 Tbsp onion powder	1 Tbsp. dried basil	2 teas. cayenne pepper
1 Tbsp. garlic powder	1 teas. dried thyme	3 Tbsp. paprika
1 Tbsp. dried oregano	1 teas. black pepper	1 teas. chili powder

Directions: Add vegetable oil to a large heavy bottomed soup pot, heat to medium; add beef cubes and cook until browned. Add diced tomatoes, water, garlic powder, soup base, paprika, pepper, herb blend, and Worcestershire sauce. Peel, rinse, then chop onions; add to the soup pot. Rinse celery well, then chop; add to soup pot. Simmer on medium heat for an hour. Peel, rinse, then chop carrots and potatoes; add to the soup pot. Simmer another hour until beef and vegetables are tender. Add the beans just before serving; stir and return the pot to simmering.

Substitutions: Boneless, skinless turkey or chicken breast may replace the beef (use chicken soup base instead of beef soup base), rutabagas may replace all or half of the potatoes, parsnips may replace all or half of the carrots. A 15 oz. can of low sodium tomato or pasta sauce may replace 1 can of diced tomatoes.

Nutrition: This recipe provides protein and vegetables. To add grains, serve with a slice of whole grain bread. It is reduced in sodium; to reduce the sodium further use reduced sodium soup base and eliminate the salt. To reduce the saturated fat, replace the beef with boneless, skinless turkey or chicken breast.