

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Hearty Beef Stew

Tender beef chunks with carrots, celery and potatoes in a rosemary gravy. 33 g protein.

Makes 5 servings | Serving: 1 1/2 cups | About $2.74 per serving | 15 min + 1 hr | 33 g protein

Ingredients

- 1 1/2 pounds stew meat (beef chuck)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup onion, chopped (1 medium onion)
- 1 teaspoon garlic powder
- 1 can (14.5 ounces) reduced sodium beef broth
- 2 cups carrots, chopped (4 large carrots)
- 1 cup celery, chopped (2 large stalks celery)
- 2 cups potatoes, chopped (2 medium potatoes)
- 1 teaspoon dried rosemary
- 1/4 cup water
- 2 tablespoons cornstarch

Method

1. Heat a large pot over medium-high heat, coat with cooking spray and add the beef. Season and cook 3 minutes.
2. Add the onion and garlic powder and cook 2 minutes.
3. Lower to medium, add the broth, carrots, celery, potatoes and rosemary, cover and cook 45-60 minutes, until tender.
4. Stir the water and cornstarch together, add to the stew and stir until thickened, 1-2 minutes.

Swaps: Use fresh garlic and fresh rosemary if you have them. It also works in a slow cooker.

Storage: Refrigerate up to 4 days or freeze up to 3 months.

Nutrition Facts

Per serving (1 1/2 cups)

Calories	**280**
Total Fat	6 g
Saturated Fat	2.5 g
Sodium	430 mg
Total Carbohydrate	23 g
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars	0 g
Protein	33 g
Calcium	62 mg
Iron	4 mg
Potassium	1029 mg

Why it's good for you

- Beef provides protein and iron.[1]
- Carrots add vitamin A.[2]

[1] NIH Office of Dietary Supplements: Iron fact sheet, https://ods.od.nih.gov/factsheets/Iron-Consumer/ [2] NIH Office of Dietary Supplements: Vitamin A fact sheet, https://ods.od.nih.gov/factsheets/VitaminA-Consumer/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/beef-stew/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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