

Burgundy Beef and Vegetable Stew

Serves 6

- ▶ 1 tablespoon canola oil
- ▶ 1-½ pounds beef bottom round or eye round, all visible fat discarded, cut into 1 ½-inch pieces
- ▶ 1 teaspoon dried thyme, crumbled
- ▶ ½ teaspoon salt
- ▶ ½ teaspoon pepper
- ▶ 1 14-ounce can fat-free, no-salt-added beef broth
- ▶ ½ cup red burgundy or nonalcoholic red wine
- ▶ 3 large garlic cloves, minced
- ▶ 1 ½-cups baby carrots
- ▶ 1 cup frozen whole pearl onions
- ▶ 2 tablespoons cornstarch
- ▶ 2 tablespoons cold water
- ▶ 1 package (8 ounces) frozen sugar snap peas

In a Dutch oven, heat the oil over medium heat. Add half the beef and cook until evenly browned, stirring occasionally. Transfer the browned beef to a plate. Brown the remaining beef. Pour off and discard the drippings. Return the first batch of beef to the Dutch oven. Season with the thyme, salt, and pepper. Stir in the broth, wine, and garlic. Increase the heat and bring to a boil. Reduce the heat and simmer, covered, for 1 hour 15 minutes.

Add the carrots and onions. Simmer, covered, for 30 to 45 minutes, or until the beef and vegetables are tender.

Put the cornstarch into a cup. Add the water, stirring to dissolve. Stir the cornstarch mixture into the beef mixture. Increase the heat to high and bring to a boil. Boil for 1 minute, stirring constantly.

Stir in the peas. Reduce the heat to medium. Cook for 3 to 4 minutes, or until the peas are heated through.



DIETARY EXCHANGES ½ Starch, 1½ Vegetable, 3 Lean Meat

NUTRIENTS PER SERVING Calories 237; Total Fat 7.5 g; Saturated Fat 1.9 g; Polyunsaturated Fat 1 g; Monounsaturated Fat 3.4 g; Carbohydrates 15 g; Fiber 2.5 g; Cholesterol 64 mg; Protein 27 g; Sodium 263 mg; Niacin 4.9 mg; Vitamin B₆ 0.4 mg; Vitamin B₁₂ 1.3 mg; Selenium 27.6 mg; Zinc 4.2 mg; Iron 3.0 mg

This recipe is an excellent source of protein, niacin, Vitamin B₆, Vitamin B₁₂, selenium, and zinc, and a good source of fiber and iron.