



Vegetable Beef Stew

Prep: 25 minutes

Cook: 2 hours 15 minutes • Serves: 8

- ¼ cup all-purpose flour
- ¾ teaspoon each salt and ground black pepper
- 2½ pounds Certified Angus Beef® beef for stew
- 3 tablespoons vegetable oil
- 1 large onion, coarsely chopped
- 1 cup dry red wine
- 2 cans (14 ounces each) less-sodium beef broth
- 1 can (14.5 ounces) diced tomatoes
- 3 garlic cloves, minced
- 1 bay leaf
- 4 each medium carrots and celery ribs, coarsely chopped
- 3 medium Idaho potatoes, unpeeled, cut into 1-inch pieces
- 2 tablespoons chopped fresh parsley
- 1 tablespoon Worcestershire sauce
- 2 teaspoons chopped fresh thyme leaves

1. In large bowl, combine flour and ½ teaspoon each salt and pepper; add beef and toss to coat. In large saucepot, heat 2 tablespoons oil over medium-high heat. In 2 batches, shaking off excess flour, add beef to saucepot, and cook 5 minutes or until beef is browned, stirring occasionally. With slotted spoon, transfer beef to large bowl.

2. Add remaining 1 tablespoon oil and onion to saucepot; cook 5 minutes or until onion is tender. Add wine; cook 1 minute, stirring with wooden spoon to loosen browned bits from bottom of saucepot. Add broth, tomatoes with their juice, garlic, bay leaf, remaining ¼ teaspoon each salt and pepper and beef with drippings in bowl; heat to boiling. Reduce heat to medium-low; cook, covered, 45 minutes. Uncover; cook, 45 minutes longer, stirring occasionally.

3. Add carrots, celery, potatoes, parsley, Worcestershire and thyme; cook, uncovered, 30 minutes longer or until beef and vegetables are tender, stirring occasionally. Makes about 10 cups.

4. Remove and discard bay leaf. Serve garnished with parsley, if desired.

Approximate nutritional values per serving:

*336 Calories, 10g Fat (3g Saturated), 64mg Cholesterol,
605mg Sodium, 26g Carbohydrates, 4g Fiber, 27g Protein*