

BEYOND HUNGER

REDUCED SODIUM BEEF STEW

This hearty stew recipe combines fresh vegetables with savory beef for a tasty and filling dinner. Crafted with flavor AND nutrition in mind, our take on the classic meal also features reduced sodium ingredients. This convenient dinner recipe also takes minimal preparation time, then you can let the crockpot or instant cooker do the rest!

Yield: 4 servings

Ingredients

- 1 lb. **stew beef**, cubed
- ¼ cup **flour**
- 1 tsp **black pepper**
- 1 tsp dried **thyme**
- 1 tsp **cumin**
- 1 tbsp **olive oil**
- 1 large **onion**, diced
- 1 tsp **minced garlic**
- 2 cups **unsalted beef broth**
- 4 large **carrots**, sliced
- 2 large **potatoes**, cubed
- 2 stalks **celery**, chopped
- 1, 15 oz. can **tomato sauce**, no salt added
- 2 tbsp **flour** or **cornstarch** (for the slurry)

Instructions

1. Cube the beef into bite size pieces and coat with flour, pepper, thyme, and cumin.
2. Heat olive oil in a large pan and add the onions and meat. Cook until the beef is browned on all sides, turning the pieces over to cook evenly.
3. Add the beef, onions, garlic, broth, carrots, potatoes, and celery to a crock pot. Stir in the tomato sauce and cook until beef is tender, about 2 hours. Stew should be at a simmer for most of the cooking time.
4. About 10-15 minutes before the cook time is up, make your slurry to thicken the stew. To make the slurry, add 2 Tablespoons flour or cornstarch to 2+ Tablespoons warm water. Stir together until fully combined and no lumps remain. Pour slurry into the stew and stir until well incorporated. Once stew returns to a simmer, cook for the remaining 10 minutes, until thickened. Remove from heat and let sit for 15 minutes. Serve warm.

Per Serving: Calories 388, Carbohydrates 47 g, Protein 33 g, Saturated Fat 3 g, Sodium 241 mg, Fiber 9 g, Sugars 10 g

Chef's Note: Leftovers can be stored in an airtight container in the refrigerator and enjoyed up to 3 days after cooking.

This recipe is featured in the December 2021 issue of Beyond the Kitchen and was adapted from food.com.

