

Molly's Beef Stew

Ingredients:

3 lbs Lean Sirloin – all visible fat cut off
½ cup whole wheat flour
2 T olive oil
15 oz V-8 – light
16 oz fat free/reduced salt beef broth
2 cups water
2 Large Onions
2 Idaho potatoes - large
2 Sweet Potatoes - large
6 Carrots
1 Package Celery
1 package parsnips
¼ cup A-1 sauce
¼ Worcestershire sauce
S & P



Directions:

1. Trim all visible fat off of meat and cube into bite size pieces
2. Dredge in whole wheat flour and salt and pepper
3. In a large Dutch oven brown beef pieces in olive oil – careful not to overcrowd the pan (may take a couple of batches)
4. Cut all of the vegetables into bite size pieces
5. Add small amount of beef broth to the dutch oven to de- glaze the pan
6. Add the meat, vegetables, and all of the liquids to the dutch oven
7. Bring to a boil and then lower to a simmer
8. Cook for 3-4 hours
9. Best if made the day before and then re-heated at meal time

Nutritional Information per Serving: 1 cup

Calories: 310.1

Fat: 5.9 grams

Fiber: 7.7 grams

Protein: 24.2 grams