

Recipe of the Month – December 2022

Beef Stew

Serves: 5

Serving Size: 1 1/2 cups

Cost per Serving: \$2.74

Ingredients:

- 1 1/2 pounds stew meat (beef chuck)
- 1/4 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 can (14.5 ounces) reduced sodium beef broth
- 2 cups carrot, 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



Directions:

1. Heat a large stockpot over medium high heat. Spray with nonstick cooking spray. Add stew meat. Sprinkle salt and ground black pepper over the meat. Cook and stir for 3 minutes.
2. Add onion and garlic powder. Cook and stir for 2 minutes.
3. Reduce heat to medium. Add broth, carrots, celery, potatoes, and rosemary. Cover with a lid. Cook for 45-60 minutes, or until meat is tender.
4. Stir together water and cornstarch. Add to stew. Stir until thickened (1-2 minutes).

Tips:

- Substitute 2 cloves garlic, minced, for the garlic powder.
- Substitute 2 teaspoons fresh rosemary for the dried rosemary, or use another dried herb such as basil or oregano.
- This recipe can be cooked in the slow cooker. Place all of the ingredients, except the water and cornstarch, in the slow cooker. Cook for 6-8 hours on low or 4 hours on high. Follow step 4 above.
- Wash and dry all fresh produce before preparation.

Nutrition Facts per Serving: 280 calories, 6g total Fat (2.5g sat. fat),

85mg.Cholesterol, 430mg Sodium, 23g Carbohydrates, 4g Fiber, 5g Sugar, 33g Protein

Recipe compliments of Iowa State University Extension and Outreach:

Healthy & Homemade 2022 Nutrition & Fitness Calendar



THE OHIO STATE UNIVERSITY

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