

## Old Fashioned Beef and Vegetable Stew

### Ingredients:

- 1 Tbsp. canola oil or other cooking oil
- 1 ½ pounds stew meat, cut into bite-sized pieces
- 1 c. onion, cut in 1-inch slices
- 2 c. carrots, peeled and cut into ½-inch slices
- 1 c. celery, cut into 1-inch chunks
- 3 c. beef broth (reduced-sodium, canned or made from bouillon or soup base)
- 1 bay leaf (remove after cooking)
- 3 tsp. of cornstarch in 2 Tbsp. of cold water (thickener)
- Salt and pepper (to taste)

### Directions:

- Rinse and prepare vegetables as directed. Heat the oil in a large pot. Add beef and cook until the beef is browned. Add remaining ingredients (except thickener) to browned beef, bring to boil, then simmer covered for about 1 ½ to two hours. Add more liquid if needed. Bring to boil at end of cooking time. Mix cornstarch with

*Makes 8 servings. Per serving: 230 calories, 8 grams (g) fat, 21 g protein, 16 g carbohydrate, 3 g fiber and 115 mg sodium.*



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About 2 tablespoons of water to make a thin paste for thickening, then add to pot and cook on low while gently stirring.

Slow cooker directions: Spray slow cooker with nonstick cooking spray. Mix browned meat and other ingredients (except thickener) and cook on low for eight to 10 hours. Increase heat to high at the end of the cooking time, add thickener and stir gently until thickened.

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