

Hearty Beef Stew

Yield: about 24 (1 cup) servings

Ingredients	Measure		Nutrition per Serving	
	24 –1 cup			
Beef round, cut into cubes	2 lbs		Calories	160
Minced garlic	1 Tbsp		Total Fat g	4
Olive oil	1 oz (2 Tbsp)		Saturated Fat g	1
Chopped carrots	1 1/3 lbs (1 quart)		Cholesterol mg	15
Chopped celery	1 1/4 lbs (1 quart)		Sodium mg	260
Chopped onions	14 oz (2 cups)		Carbohydrate g	18
All-purpose flour	2 oz 1/2 cup)		Fiber g	2
Water	1 gallon		Sugar g	3
Med-Diet® Low Sodium Beef Soup Base	5 oz (3/4 cup)		Protein g	11
Cubed potatoes	2 lbs (6 cups)			
Bay leaves	2			
Frozen peas	12 oz (2 cups)			
Freshly ground black pepper	to taste			

Preparation

1. In stockpot, cook beef and garlic, stirring frequently, until beef is browned. Transfer to plate.
2. Add oil to stockpot; heat over medium-high heat. Add carrots, celery and onions. Sauté until vegetables start to soften. Stir in flour until blended.
3. Return beef to pot. Slowly whisk water into stockpot. Add soup base; whisk until blended. Add potatoes and bay leaves; cover pot. Simmer 20 to 30 minutes or until soup is thickened and potatoes are fork-tender.
4. Add peas; cook 10 minutes longer or until soup is 165°F. Season with pepper. Remove bay leaves before serving.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Beef Soup Base	6 – 16 oz	42 gal	2192474