

# Chunky Beef Stew

Makes: 5 servings

Prep time: 15 minutes

Cook time: 30 minutes

## Ingredients:

- Nonstick cooking spray
- 3/4 pound boneless beef sirloin steak, cut into 1-inch cubes
- 3/4 pound tiny new potatoes, halved
- 1 package (9 ounces) frozen cut green beans (2 cups)
- 4 carrots, peeled and cut into 1-inch pieces
- 1 onion, cut into thin wedges
- 1 quart low-sodium beef broth
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons dried Italian seasoning
- 1/4 teaspoon black pepper
- 1 1/2 cup no-salt-added tomato sauce



## Directions:

1. Over medium-high heat, lightly coat a 4-quart pot with cooking spray; add beef. Cook 4 to 5 minutes, stirring frequently.
2. Add potatoes, green beans, carrots, onion, broth, Worcestershire sauce, Italian seasoning, and pepper to the pot. Bring to a boil; reduce heat and simmer, covered, about 15 minutes, or until vegetables are tender.
3. Add tomato sauce to pot. Return to a boil; reduce heat and simmer, covered, for at least 10 minutes.

\*Note: the longer the stew simmers the more tender the meat will become

## Nutrition facts per serving (Makes 5 Servings):

240 calories  
21 g protein  
29 g carbohydrate  
5 g fat

*Originally published in FITNESS magazine, October 2009.*

Recipe from: <http://www.fitnessmagazine.com/recipes/dinner/healthy-hearty-soup-recipes/?page=7>