

Garlic Braised Beef with Pumpkin

Serving size: $\frac{3}{4}$ cup

Serves: 6

Ingredients:

1½ cups low sodium beef broth

1½ lbs beef stew meat, cut into small pieces

2 tbsp olive oil

1 tsp kosher salt

$\frac{3}{4}$ tsp ground black pepper

3 large cloves garlic, halved

$\frac{3}{4}$ cup yellow onions, diced $\frac{1}{2}$ "

$\frac{2}{3}$ cup celery, diced $\frac{1}{2}$ "

$\frac{1}{4}$ cup carrots, diced $\frac{1}{2}$ "

$\frac{1}{2}$ cup crushed low sodium tomatoes, canned

1 whole bay leaf

$\frac{1}{4}$ cup all-purpose flour

$\frac{1}{4}$ cup water

3 cups fresh pumpkin, diced or 1-15 ounce can pumpkin puree

2 tbsp Italian parsley leaves, minced

Directions:

1. Prepare/reconstitute beef broth according to the package directions.
2. Combine beef, oil, salt and pepper. Toss to evenly coat and distribute.
3. Heat a large sauté pan over medium-high heat. Add beef mixture. Brown for 5 to 7 minutes, stirring frequently.
4. Add garlic, onion, celery and carrot. Sauté for 3 to 5 minutes or until aroma is evident.
5. Stir in tomatoes and bay leaf. Bring to a boil. Simmer for 10 minutes.
6. Add stock. Bring to a boil. Reduce heat and simmer for 45 to 60 minutes or until meat is tender.
7. Combine flour and water. Mix until smooth. Whisk into simmering mixture until flour dissolves and mixture thickens.
8. Stir in pumpkin and parsley. Bring to a boil. Simmer for 6 to 8 minutes.
9. Serve hot.

Exchanges per serving:

1 Starch, 3 Lean Meat

Nutrients per serving:

Calories: 254

Calories from fat: 88

Total Fat: 10g

Cholesterol: 62mg

Total Carbohydrate: 12g

Sodium: 304mg

Dietary Fiber: 2g

Protein: 29g