

Greek Beef Stew

Recipe of the Month – January 2014



Add Mediterranean flavors to your dinner with this slow cooked beef stew that's served over pasta.

Prep Time: 10 Min

Start to Finish: 9 Hr. 10 Min

Makes: 6 servings

INGREDIENTS

2 lbs. boneless beef round roast, trimmed of fat, cut into 1-inch pieces

1/3 cup all-purpose flour

3/4 teaspoon ground cinnamon

2 cups frozen small whole onions (from 1-lb bag)

1 1/2 cups water

3/4 cup Italian-style tomato paste (from two 6-oz cans)

3/4 cup apple juice

1 tablespoon red wine vinegar or cider vinegar

1 tablespoon brown sugar

3 cups hot cooked rosamarina (orzo) pasta, bulgur wheat pilaf or rice

1/2 cup crumbled plain or flavored feta cheese, if desired

DIRECTIONS

1. In large resealable food-storage plastic bag, place beef, flour and cinnamon; seal bag and shake to coat. Rinse onions in cold water to separate; drain.
2. Spray 3 1/2- to 4-quart slow cooker with cooking spray. In slow cooker, place beef and onions. In small bowl, mix water, tomato paste, apple juice, vinegar and brown sugar. Pour over beef mixture.
3. Cover; cook on Low heat setting 9 to 10 hours or until beef is tender. Serve stew over pasta; sprinkle with cheese.

Recipe Provides: Grains 1oz-equivalents, Meat & Beans 4oz-equivalents, Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	450	Calories from Fat:	60
Total Fat:	7 g	Saturated Fat:	2½ g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	980 mg	Total Carbohydrate:	37 g
Dietary Fiber:	3 g	Sugars:	10 g	Protein:	10 g



This recipe is adapted from WWW.eatbetterearly.com