

Tender-Hearted Beef Stew



Makes 2 servings.

Per serving: 468 calories, 48 g protein, 45 g carbohydrate, 5 g fiber, 11 g fat, 3 g saturated fat, 102 mg cholesterol, 796 mg sodium

This is a recipe that bypasses potentially troublesome ingredients like tomatoes, onions, and garlic, without sacrificing robust flavor. It's also great for family or company and especially tasty during cool fall weather.

INGREDIENTS:

- 1/2 lb** round steak, trimmed of fat
- 1/2 tsp** of olive oil
- 1** can (**14 oz**) fat-free beef broth
- 1** large celery rib, sliced
- 1** bay leaf
- 2** quartered red-skinned potatoes
- 1 cup** baby carrots
- 4 oz** baby portobello mushrooms, sliced
- 1/2 Tbsp** cornstarch
- 1/4 cup** cold water
- 1/4 tsp** dried thyme

DIRECTIONS:

- 1.** Cut beef into 1-inch cubes. Warm the oil in a large, deep nonstick skillet over medium-high heat. Add the beef cubes. Cook and stir until browned. Reduce heat to medium. Add the broth, celery, and bay leaf. Cook and stir to mix well. Cover and simmer 1 hour, until beef is tender.
- 2.** Stir in potatoes, carrots, mushrooms, and thyme. Cover and simmer another 10 to 15 minutes until vegetables are tender. Discard the bay leaf.
- 3.** In a small dish, stir the cornstarch into water until completely dissolved. Add the cornstarch mixture to the stew. Cook and stir over medium-high heat until thickened.
- 4.** Serve piping hot with a slice of cheese toast and a small salad.