

ROSE FAMILY BAKED BEEF STEW

2 pounds lean beef (sirloin works well)	8 cut up carrots
12-20 oz. can of tomatoes with liquid	2-3 stalks cut up celery
2 beef bouillon cubes dissolved in ½ cup hot water	4 or more large potatoes
½ cup red wine (optional ingredient)	1 small package frozen peas
1 large onion, chopped	¼ cup tapioca

Take the lean beef and cut into 1 inch cubes. Spray a large corning ware dish and the inside lid with a spray such as PAM. Place the beef cubes in the bottom of the corning ware. Lay all the vegetables (except the peas) on top of the meat. Pour the tomatoes, wine, tapioca over all. Bake for 3 hours, covered, in a 325 ° oven. Fifteen minutes before stew is done cooking, sprinkle the peas on top.

This stew is so easy to prepare, pop in the oven, and it is so low fat. Think of all you can get done in 3 hours while this special one pot meal is cooking itself.



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