



## Basic Beef Stew with Carrots and Mushrooms

- 1 Tbsp olive oil, divided
- 1 lb small cremini mushrooms
- Cooking spray
- 2 cups chopped onion
- 3 garlic cloves, minced
- 1/3 cup all-purpose flour
- 1lb lean beef stew meat, cut into bite-sized pieces, remove fat
- 1/2 tsp salt, divided
- 1 cup grape or cranberry juice
- 1 Tbsp chopped fresh thyme
- 14 oz reduced-sodium beef or vegetable broth
- 1 bay leaf
- 2 cups white potato, peeled and cut into 3/4-in cubes
- 1 1/2 cups carrots, cut into 1-inch slices
- 1/2 tsp black peppers



1. Heat 1 tsp oil in a large Dutch oven over med-high heat. Add mushrooms, sauté for 5 min. Transfer mushrooms to large bowl. Lightly coat pan with cooking spray, sauté onion for 10 min. Add garlic, sauté for 1 min. Add onion mixture to bowl with mushrooms.
2. Place flour in shallow bowl. Dredge beef in flour, shake off excess. Heat remaining 2 tsp oil in pan or med-high heat. Add half of beef, sprinkle with 1/8 tsp salt. Cook 6 min, browning all sides. Add beef to mushroom mixture. Repeat with remaining beef and another 1/9 tsp salt.
3. Add 1 cup juice to pan, scraping pan to loosen browned bits. Add thyme, broth, and bay leaf. Bring to boil. Stir in beef mixture. Cover, reduce heat, and simmer for 1 hr.
4. Stir in potato and carrot. Simmer, uncovered, stirring occasionally, 1 hr and 15 min, until vegetables are tender and sauce is thick. Stir in remaining 1/2 tsp salt and pepper. Discard bay leaf.

Makes: 8 servings

### Nutrition Information:

CALORIES 190 (21% from fat); FAT 4.5g (sat 1.5g); CHOLESTEROL 35mg; SODIUM 240mg; CARBOHYDRATE 622g; FIBER 3g; PROTEIN 17g; CALCIUM 4%; IRON 15%



## Beet-Parsnip Mash

- 1 1/2 lbs parsnips
- 1/2 lb beets (about 1 medium beet)
- 2 cups water
- 1/2 tsp salt
- 1 Tbsp olive oil
- 1/4 cup skim milk

1. Peel and chop the parsnips, leaving out the woody core. Trim the ends of the beets, but leave them unpeeled.
2. Bring 6 cups of water with 1/2 tsp salt to a boil in a large saucepan. Add the beets to the saucepan. Boil on medium-high heat for about 15 minutes. Add parsnips to pan and boil for another 20 minutes, until all the vegetables are tender.
3. Strain the parsnips and beets.
4. Peel the beet and chop it into small pieces.
5. In a blender, blend the parsnips and beets with the olive oil and milk until smooth and creamy. If a blender is not available, add the oil and milk to the vegetables, and mash with a potato masher or fork.



Makes: 6 servings

### Nutrition Information:

CALORIES 120 (21% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 240mg; CARBOHYDRATE 25g; FIBER 7g; PROTEIN 2g; CALCIUM 6%; IRON 6%