



## Winter Steak Stew

6 servings

|          |   |
|----------|---|
| 1 Tbsp   | Canola oil                                    |
| 1 lb     | Stew beef                                     |
| 2        | Onions, large, sliced                         |
| 4        | Carrots, peeled and cut into<br>1-inch pieces |
| 4        | Potatoes, peeled and cut into<br>quarters     |
| 2, 12 oz | Non-alcoholic beer, or beef broth             |
| 1 Tbsp   | Vinegar                                       |
| ½ Tbs    | Sugar   |
| 1        | Bay leaf                                      |
| 2        | Beef bouillon cubes, or 2 tsp granules        |



Add oil to a large, non-stick skillet and heat it on the stove to medium-high. Add stew beef and brown while stirring for 3-4 minutes. Add all other ingredients and bring to a boil. Then reduce the heat, cover and simmer it for 30-40 minutes. Remove the bay leaf before serving.

### Recipe Nutrition per serving

314 calories; 26 gm protein; 26 gm carbohydrate; 11 gm total fat; 3 gm saturated fat; 77 mg cholesterol; 3 gm fiber; 476 mg sodium