

# PREP-AND-FORGET BEEF STEW

Recipe developed by Addison Montgomery, MPH, Dietetic Intern

This hearty beef stew is a personal favorite for those long, cold nights in need of a pick-me-up. Full of vegetables and lean chuck, it packs a whole lot of protein and fiber into the bowl without sacrificing flavor.

## GROCERY LIST

6 people	10 people	14 people
3 lb lean, skin-off chuck roast	5 lb lean, skin-off chuck roast	8 lb lean, skin-off chuck roast
2 lb russet potatoes, skin on	4 lb russet potatoes, skin on	6 lb russet potatoes, skin on
1 lb carrots	2 lb carrots	3 lb carrots
2 sweet onions	4 sweet onions	6 sweet onions
1 large bulb of garlic	2 large bulbs of garlic	3 large bulbs of garlic
1, 32 oz carton of low-sodium chicken or vegetable broth.	1, 32 oz carton of low-sodium chicken or vegetable broth.	2, 32 oz carton of low-sodium chicken or vegetable broth.
1, 16 oz can of tomato paste	1, 16 oz can of tomato paste	1, 16 oz can of tomato paste
1, 16 oz bottle of Worcestershire Sauce	1, 16 oz bottle of Worcestershire Sauce	1, 16 oz bottle of Worcestershire Sauce
<i>Optional: 1 lb frozen peas (+\$2.39), bay leaves (+\$2.99/bottle)</i>	<i>Optional: 2 lb frozen peas (+\$4.78), bay leaves (+\$2.99/bottle)</i>	<i>Optional: 3 lb frozen peas (+\$7.17), bay leaves (+\$2.99/bottle)</i>
<b>\$48 total (\$7.98 per person)</b>	<b>\$69 total (\$6.98 per person)</b>	<b>\$98 total (\$7.06 per person)</b>
<i>Staple Items: Olive Oil, Flour, Garlic/Onion Powder, Salt, Black Pepper</i>		

## SPICE MIX

This recipe is based on traditional Irish Stew, sans beer. But, these basics keep the spirit of the stew alive. Remember to double it for 10 people, and triple for 14.

2 tbsp onion powder      2 tbsp garlic powder      1 tsp salt      1 tbsp black pepper



PREP MINUTES



COST PER PERSON

# INGREDIENTS LIST

6 people	10 people	14 people
3 lb lean, skin-off chuck roast, cut into 1" cubes	5 lb lean, skin-off chuck roast, cut into 1" cubes	8 lb lean, skin-off chuck roast, cut into 1" cubes
2 lb russet potatoes, skin on, quartered	4 lb russet potatoes, skin on, quartered	6 lb russet potatoes, skin on, quartered
1 lb carrots, 2" sections	2 lb carrots, 2" sections	6 lb carrots, 2" sections
2 sweet onions, sliced	4 sweet onions, sliced	6 sweet onions, sliced
1 lb frozen peas ( <i>optional</i> )	2 lb frozen peas ( <i>optional</i> )	3 lb frozen peas ( <i>optional</i> )
1 large bulb of garlic	2 large bulbs of garlic	3 large bulbs of garlic
2 cups low sodium chicken/vegetable broth	4 cups low sodium chicken/vegetable broth	6 cups low sodium chicken/vegetable broth
2 tbsp tomato paste	4 tbsp tomato paste	6 tbsp tomato paste
2 tsp Worcestershire Sauce	4 tsp Worcestershire Sauce	6 tsp Worcestershire Sauce
2 tbsp flour	4 tbsp flour	½ cup flour
3 bay leaves ( <i>optional</i> )	6 bay leaves ( <i>optional</i> )	9 bay leaves ( <i>optional</i> )
*Spices, to taste	*Spices, to taste	*Spices, to taste

**Nutrition:** 2 cup (1/6<sup>th</sup> serving), 620 calories, 54g carbohydrates, 20g fat, 58g protein, 25g fiber

## DIRECTIONS

- 1) Prepare vegetables for the stew. Quarter potatoes. Cut carrots into 2" pieces, or 1" if they're thicker. Peel and cut onions in half, then slice into 1/2" ribbons. Peel garlic and set aside.
- 2) Set soup pot over medium-high heat for 2 minutes. Add olive oil to the pot and sear cubed chuck roast or stew meat for 3 minutes or browned, then flip/stir. Remove from the pot and drain excess fat if more than a thin layer remains.
- 3) Reduce the heat to medium-low. Add onions, carrots, and garlic to the pot. Let simmer for 5 minutes.
- 4) On the side, add tomato paste to a bowl and mix in warm water until dissolved. When onions are fragrant, add the tomato slurry, stock, worcestershire sauce (*optional*), and spices. Mix thoroughly.
- 5) Add quartered potatoes and beef to the pot, and cover the remainder with water. It will reduce over time. Place the lid on the pot and simmer on medium-low for 1 hour, or low for 2.5 hours.
- 6) Ten minutes before serving, add the peas. Serve immediately with choice of salad.

## NOTES

- Want more green? Add chopped spinach, kale, or collards in the last ten minutes.
- Larger recipe yields require larger pans – a large stock pot will usually do the trick.
- This stew doesn't need to be watched closely once it's on a simmer. Low and slow for tender beef, but remember to turn off the stove if unattended.

## WHAT'S THE BEEF WITH MEAT?

Meat and potatoes often get looked over in the "healthy" section at the grocery stores. Meat is a great source of protein and iron when eaten in moderation, and potatoes are a great source of quick carbohydrates and Vitamin C. The USDA recommends choosing lean sources of beef, pork, and lamb to avoid high amounts of saturated fat. If someone on shift is on a low-fat diet, choose more lean chuck, remove the drippings, and then cook the stew for longer to make sure the meat comes out tender.