

BEEF STEW

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

4 tsp olive oil	1 TBS minced onion
1 TBS minced onion	1 TBS minced carrot
1 lb beef round, cut into 1 1/2" cubes	1 TBS minced celery
1 C chopped canned plum tomatoes + juice	1/2 C dry red wine
1 tsp minced fresh thyme or 1/2 tsp dried	1 bay leaf
Salt & freshly ground pepper to taste	8 frozen pearl onions
4 medium potatoes, peeled, in 1" cubes	1 C thawed frozen peas
2 carrots, peeled, in 1" chunks	1 TBS minced flat-leaf parsley
1 TBS minced mint	

DIRECTIONS:

In medium nonstick Dutch oven or heavy saucepan, heat oil - sauté minced onion, carrot & celery till translucent (5-6 minutes) - add beef & sauté till browned (about 5 minutes) - add tomatoes, wine, thyme, bay leaf, salt & pepper - bring to boil - reduce heat & simmer gently, partially covered, stirring occasionally about 45 minutes.

Add pearl onions, carrots, potatoes & 1 C hot water. Cook, covered, 40 minutes.

Stir in peas - cook 4 minutes - then add parsley & mint - cook 1 minute longer. Discard bay leaf. Serve.

Makes 4 servings

(per serving: 356 calories; 8g total fat; 2g saturated fat; 51mg cholesterol; 511mg sodium, 41g total carbohydrates; 7g dietary fiber; 25g protein, 75mg calcium - WW points per serving: 7)