

BEEF STEW WITH SWEET POTATOES

SERVES: 6 (approx. 2 cups each) Prep Time: 20 min. Cooking Time: 2 hr. 56 min.

CONTAINER EQUIVALENTS (per serving):  ½  1½  ½

1 tsp. olive oil
1 lb. 10 oz. raw lean beef stew meat
¾ cup chopped onion (approx. 1 medium)
½ cup sliced carrots (approx. 1 medium)
¾ cup chopped celery (approx. 2 medium stalks)
4 cloves garlic, finely chopped
½ cup red wine
8 cups low-sodium organic beef broth, *divided use*
1½ cups chopped tomatoes (approx. 2 medium)
¼ tsp. sea salt (or Himalayan salt)
1 tsp. ground black pepper
1 tsp. ground smoked paprika
3 bay leaves
2 large sweet potatoes, cut into 1-inch cubes
2 tsp. cornstarch, (preferably GMO-free) + **2 tsp. lukewarm water** (combine to make a slurry)

- 1.** Heat oil in large saucepan over medium-high heat.
- 2.** Add stew meat; cook, stirring frequently, for 4 to 5 minutes, or until browned. Remove from pot with slotted spoon, place on plate with paper towel.
- 3.** Add onion, carrots, and celery; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent.
- 4.** Add garlic; cook, stirring frequently, for 1 minute.
- 5.** Add wine; cook, stirring constantly, scraping bottom of pan so vegetables don't stick, for 3 to 4 minutes, or until almost dry.
- 6.** Add *1 cup* broth, tomatoes, salt, pepper, paprika, bay leaves, and return beef to pan. Bring to a boil. Reduce heat; gently boil, stirring occasionally, for 5 to 8 minutes, or until liquid has almost completely evaporated, and tomatoes begin to break down.
- 7.** Add *remaining 7 cups* broth. Bring to a boil over medium-high heat. Reduce heat; gently boil, partially covered, stirring occasionally, for 2 hours, or until meat is tender.
- 8.** Add sweet potatoes; cook, stirring occasionally, for 10 to 20 minutes, or until sweet potatoes are tender.
- 9.** Add cornstarch mixture to stew; cook, stirring constantly, for 2 to 3 minutes, or until stew has thickened slightly.

NUTRITIONAL INFORMATION (per serving): Calories: 282 Total Fat: 9 g Saturated Fat: 4 g Cholesterol: 87 mg Sodium: 434 mg Carbohydrates: 17 g Fiber: 3 g Sugars: 6 g Protein: 32 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.