



## Beef-Vegetable Stew (from the Kitchen of Jenilee Lemmon)

### 8 Servings Ingredients

#### You'll Need:

1 pound round steak, bone, and visible fat removed cut into cubes  
1 cup water  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 pound carrots (4 large), sliced  
1/2 pound celery (2 cups), sliced  
1 pound potatoes (4 medium) Peeled and cut into 3/4 inch cubes  
1 tablespoon dried onion flakes  
1/4 teaspoon salt  
1 cup water  
1/2 cup water (optional)  
1 tablespoon cornstarch (optional)

#### Take Out:

Cutting board  
Knives  
Vegetable peeler  
Kitchen scales (optional)  
Measuring cups  
Measuring spoons  
Pressure sauce pan

#### Directions:

1. Trim steak of visible fat and bone; cut into cubes. Put steak pieces, 1 cup water, 1/4 teaspoon salt, and 1/4 teaspoon black pepper into pressure sauce pan. Pressure at 10 pounds pressure for 7 minutes.  
*NOTE:* If you do not have a pressure sauce pan, cook in a small Dutch oven until tender, adding water as needed since the timing will be much longer .
2. Prepare vegetables. Add vegetables, onion flakes, additional 1/4 teaspoon salt, and 1 cup water to meet in pressure sauce pan. Pressure at 10 pounds pressure for 3 minutes.
3. With large slotted spoon lift meat and vegetables from pressure saucepan and set aside in large bowl.
4. Dissolve cornstarch in 1/2 cup water and add to liquid remaining in saucepan. Cook over medium heat, stirring constantly, until mixture bubbles and becomes thick and translucent.
5. Garnish with fresh celery leaves and serve.

#### Nutrition Facts per Serving:

Calories	187
Carbohydrate	17 grams
Sodium	210
Protein	20 grams
Fat	4.5 grams

Exchanges: 1 vegetable, 1 starch, 2 1/2 very lean meat