

## **Beef-Vegetable Stew**

(from the kitchen of Jenilee Lemmon)

8 Servings

### **You'll Need:**

1 pound round steak, bone & visible fat removed  
cut into cubes  
1 cup water  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 pound carrots (4 large), sliced  
½ pound celery (2 cups), sliced  
1 pound potatoes (4 medium) Peeled and cut into  
¾ inch cubes  
1 Tablespoon dried onion flakes  
¼ teaspoon salt  
1 cup water  
½ 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, ¼ teaspoon salt and ¼ 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 ¼ teaspoon salt and 1 cup water to meat 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 ½ cup water; 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.
- 6.

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

Exchanges: 1Vegetable, 1 Starch, 2 ½ Very Lean Meat

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