

## Double The Serving Stew

**Serves: 6**

**Fruit & Vegetable Servings Per Person: 2-1/2**

### Ingredients:

2 Tablespoons all-purpose flour  
¾ teaspoon salt  
½ teaspoon ground black pepper  
1 pound lean beef stew meat, cut into 1 inch cubes  
1 Tablespoon vegetable oil  
3 cups low-fat, low-sodium beef broth, plus more as needed.  
2 medium onions  
2 stalks celery  
2 medium potatoes  
2 medium turnips  
4 carrots  
2 cloves garlic, chopped  
½ teaspoon dried thyme  
¼ cup fresh parsley, chopped

### Directions:

1. In a plastic bag, combine flour, salt and pepper.
2. Add meat and shake to coat.
3. Heat oil in large saucepan or Dutch oven.
4. Add meat and brown.
5. Prepare the vegetables by cutting one onion, one celery stalk, one potato, one turnip and one carrots into large chunks.
6. Add the vegetables to the meat along with the garlic and thyme.
7. Stir in broth and bring to boil. Reduce heat and cover.
8. Simmer for about 40 minutes or until meat is tender.
9. While meat is cooking, prepare remaining vegetables by cutting the onion, celery, potato, turnip and carrot into 1-inch cubes.
10. Remove simmered vegetables (onion, celery, potatoes, turnips, carrots) and whiz in a blender until smooth.
11. Return vegetable puree to pot.
12. Thin with beef broth or water, if necessary.
13. To pot, add remaining un-cooked onions, celery, potato, turnips, and carrots.
14. Bring to simmer and cover.
15. Cook for an additional 30 minutes or until vegetables are tender.
16. Add parsley just before serving.

This recipe adds richness to your stew while "secretly" boosting the vegetables in it. By removing the first set of vegetables halfway through the cooking process, blending them, pouring them back as sauce, and adding new cut-up vegetables, you're doubling your vegetable servings and adding lots of flavor and texture to the final stew.

**Cook's Comment\*** This stew tastes as good the second day as the first. The preparation method yields a rich, thick gravy-like base without using any fat. Note the fresh parsley is added at the end. When possible, add more delicate fresh herbs - basil, chives, cilantro, dill leaves, parsley, marjoram and mint . a minute or two before the end of cooking or sprinkle them on the food before It's served. The less delicate fresh herbs, such as dill seeds, oregano, rosemary, tarragon and thyme, can be added about the last 20 minutes of cooking. Dried herbs can be added successfully earlier in the cooking process.

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