

## Provençal Beef Stew

A unique twist on classic stew, this dish features the flavors of herbs de Provence with potatoes, zucchini, squash and olives.

### INGREDIENTS

1 beef Cross Rib Roast, Chuck Arm Roast or Chuck Shoulder Roast, cut into 1-inch pieces (about 2 pounds)

1/3 cup all-purpose flour

3/4 teaspoon salt

1/2 teaspoon pepper

4 teaspoons olive oil, divided

1 cup chopped onion

1 tablespoon minced garlic

1 cup dry red wine

3 cups beef broth

1 can (14-1/2 ounces) diced tomatoes with garlic, undrained

1 tablespoon herbs de Provence

1 pound new potatoes, cut into quarters

2 small zucchini, cut lengthwise in half, then crosswise into 1/2-inch thick slices

2 small yellow squash, cut lengthwise in half, then crosswise into 1/2-inch thick slices

1/2 cup niçoise olives, pitted and halved

1/4 cup chopped fresh basil leaves

Grated Parmesan cheese (optional)



2.25  
Hours



6  
Servings



42 Cal



30g  
Protein



### COOKING

1. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Cross Rib Roast pieces with remaining flour mixture.
2. Heat 2 teaspoons oil in stockpot over medium heat until hot. Brown half of beef; remove from stockpot. Repeat with remaining 2 teaspoons oil and remaining beef. Remove beef from stockpot.
3. Add onion and garlic to stockpot; cook and stir 3 to 5 minutes or until onions are tender. Add wine; increase heat to medium-high. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Stir in broth, tomatoes, herbs de Provence and reserved flour mixture. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours or until beef is fork-tender.
4. Add potatoes, zucchini and yellow squash to stockpot; continue simmering, covered, 15 minutes or until

potatoes are tender. Add olives and basil; cook, uncovered, 2 to 3 minutes or until olives are heated through. Serve with cheese, if desired.

Recipe adapted from the Healthy Beef Cookbook, published by Houghton Mifflin Harcourt

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		11g	80mg		31g	30g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com