

## 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**

- 2 pounds beef Chuck Shoulder Roast Boneless, cut into 1-inch pieces
- 1 beef Chuck Shoulder Roast Boneless, cut into 1-inch pieces (about 2 pounds)
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Hours Servings

42 Cal



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

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

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1 can (14-1/2 ounces) diced tomatoes with garlic, undrained 1 tablespoon herbs de Provence - Herbes de Provence is a dried herb blend used in the cooking of southern France. Often sold in small clay crocks in supermarkets, it's commonly a blend of basil, fennel seed, lavender, marjoram, rosemary, sage, summer savory and thyme.

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2 small yellow squash, 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

2 small yellow squash, 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 cut in half - Niçoise olives are from the Provence region of France. Small, oval and purplishbrown in color, they are packed in olive oil and have a nutty, mellow flavor. Greek Kalamata olives may be substituted for niçoise olives.

1/2 cup niçoise olives, pitted and halved

 $1/2\ \mbox{cup}$ niçoise olives, pitted and halved

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 $1/2\ {\rm cup}$ niçoise olives, pitted and halved

1/2 cup niçoise olives, pitted and halved 1/2 cup niçoise olives, pitted and halved

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1/2 cup niçoise olives, pitted and halved

1/2 cup niçoise olives, pitted and halved

1/2 cup niçoise olives, pitted and halved 1/2 cup niçoise olives, pitted and halved

1/2 cup niçoise olives, pitted and halved 1/2 cup niçoise olives, pitted and halved

1/2 cup niçoise olives, pitted and halved 1/4 cup chopped fresh basil 1/4 cup chopped fresh basil leaves 1/4 cup chopped fresh basil leaves

1/4 cup chopped fresh basil leaves 1/4 cup chopped fresh basil leaves

1/4 cup chopped fresh basil leaves

1/4 cup chopped fresh basil leaves 1/4 cup chopped fresh basil leaves

1/4 cup chopped fresh basil leaves

1/4 cup chopped fresh basil leaves
1/4 cup chopped fresh basil leaves
Grated Parmesan cheese (optional)
Grated Parmesan cheese (optional)

Grated Parmesan cheese (optional)
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Grated Parmesan cheese (optional)
Grated Parmesan cheese (optional)

Grated Parmesan cheese (optional)
Grated Parmesan cheese (optional)
COOLINIC

Grated Parmesan cheese (optional) Grated Parmesan cheese (optional)

## **COOKING**

1. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef with remaining flour mixture.

2.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

3.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

4.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

5.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

6.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

7.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

8.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

9.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

10.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

11.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

12.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

13.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast

pieces with remaining flour mixture.
14.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
15.
$Combine \ flour, salt\ and\ pepper.\ Reserve\ 1\ tables poon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
16.
$Combine \ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
17.
$Combine \ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
18.
$Combine \ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
19.
$Combine flour, salt and pepper. \ Reserve \ 1\ tablespoon\ flour\ mixture. \ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
20.
$Combine \ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
21.
$Combine flour, salt and pepper. \ Reserve \ 1 \ tables poon flour \ mixture. \ Lightly \ coat beef \ Chuck \ Shoulder \ Roast pieces \ with \ remaining flour \ mixture.$
22.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
23.
$Combine \ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
24.

 $Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$ 

25.

 $Combine\ flour, salt\ and\ pepper.\ Reserve\ 1\ tables poon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast$ 

pieces with remaining flour mixture.
26.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
27.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
28.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
29.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
30.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
31.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
32.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
33.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
34.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
35.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
36.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast

37.

pieces with remaining flour mixture.

 $Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast$ 

pieces with remaining flour mixture. 38. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture. 39. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture. 40. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture. 41. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture. 42. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture. 43.  $Combine \ flour, salt \ and \ pepper. \ Reserve\ 1\ tables poon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast$ pieces with remaining flour mixture. 44. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture. 45. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture. 46. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture. 47.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

48.

Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

49.

 $Combine \ flour, salt\ and\ pepper.\ Reserve\ 1\ tables poon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast$ 

pieces with remaining flour mixture.
50.
$Combine\ flour, salt\ and\ pepper.\ Reserve\ 1\ tables poon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
51.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
52.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
53.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
54.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
55.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
56.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
57.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
58.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
59.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
60.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

 $Combine\ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast$ 

pieces with remaining flour mixture.
62.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
63.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
64.
$Combine\ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
65.
$Combine\ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
66.
$Combine \ flour, salt \ and \ pepper. \ Reserve\ 1\ tables poon\ flour\ mixture. \ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
67.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
68.
$Combine \ flour, salt \ and \ pepper. \ Reserve\ 1\ tables poon\ flour\ mixture. \ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
69.
$Combine\ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
70.
$Combine\ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
71.
$Combine\ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
72.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$

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 $Combine\ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast$ 

pieces with remaining flour mixture.
74.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
75.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
76.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
77.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
78.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
79.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
80.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
81.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
82.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
83.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
84.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.

 $Combine\ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast$ 

pieces with remaining flour mixture.
86.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
87.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
88.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
89.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
90.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
91.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
92.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
93.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
94.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
95.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
96.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$

 $Combine\ flour, salt\ and\ pepper.\ Reserve\ 1\ tablespoon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast$ 

pieces with remaining flour mixture.
98.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
99.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
100.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
101.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
102.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
103.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
104.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
105.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
106.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
107.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
108.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast

 $Combine \ flour, salt\ and\ pepper.\ Reserve\ 1\ tables poon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast$ 

pieces with remaining flour mixture.

pieces with remaining flour mixture.
110.
$Combine \ flour, salt \ and \ pepper. \ Reserve \ 1 \ tables poon \ flour \ mixture. \ Lightly \ coat \ beef \ Chuck \ Shoulder \ Roast \ pieces \ with \ remaining \ flour \ mixture.$
111.
$Combine \ flour, salt\ and\ pepper.\ Reserve\ 1\ tables poon\ flour\ mixture.\ Lightly\ coat\ beef\ Chuck\ Shoulder\ Roast\ pieces\ with\ remaining\ flour\ mixture.$
112.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
113.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
114.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
115.
Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast pieces with remaining flour mixture.
116.
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Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Chuck Shoulder Roast

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### Recipe and photo as seen in The Healthy Beef Cookbook, published by Houghton Mifflin Harcourt

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# **NUTRITION**

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

<sup>\*</sup>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