

## 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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2.25  
Hours



6  
Servings



42 Cal



30g  
Protein

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[illegible]

[illegible]

[illegible]

1/3 cup all-purpose flour



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3/4 teaspoon salt

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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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1 tablespoon herbs de Provence  
1 pound new potatoes, cut into quarters  
1 pound new potatoes, cut into quarters  
1 pound new potatoes, cut into quarters

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[illegible]

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

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1/2 cup niçoise olives, pitted and cut in half - Niçoise olives are from the Provence region of France. Small, oval and purplish-brown 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

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1/2 cup niçoise olives, pitted and halved

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1/4 cup chopped fresh basil leaves



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[illegible]

Grated Parmesan cheese (optional)

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

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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		
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