

Beef & Green Olive Stew

Layers of delicious flavor from onions, fennel, tomatoes and olives make this savory Beef Stew one you won't forget!

INGREDIENTS

1-1/2 pounds beef Stew Meat, cut into 1 inch pieces
1/4 cup all-purpose flour
1/2 teaspoon ground black pepper
1/4 teaspoon cayenne pepper
1 tablespoon vegetable oil
1 cup chopped onions
1-1/2 teaspoons dried oregano
1 teaspoon fennel seeds
1 cup red wine
1 can (14-1/2 ounces) reduced sodium beef broth
1 can (14-1/2 ounces) no-salt added garlic-seasoned diced tomatoes
1/4 cup tomato paste
1 jar (7 ounces) green olives with pimentos, drained



2.00
Hours



6
Servings



42 Cal




22g
Protein

COOKING

1. Combine flour, black pepper and cayenne pepper in a medium bowl. Reserve 1 tablespoon flour mixture. Lightly coat beef Stew Meat with remaining flour mixture.
2. Heat 1 tablespoon oil in stock pot over medium heat. Brown beef in batches; Set aside and keep warm.
3. Add onions, oregano and fennel seeds to stock pot; cook and stir 2 to 3 minutes or until onions begin to soften.
4. Add wine to pot; increase heat to medium-high. Cook and stir 1 minute or until browned bits attached to pot are dissolved. Stir in beef broth, tomatoes, tomato paste and reserved flour mixture. Return beef to pot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 hours or until beef is fork-tender.
5. Stir in olives. Cook 2 to 3 minutes or until olives are heated through. Serve with mashed potatoes, as desired.
6. .

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein |  |  |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 6 | | 16g | 55mg | | 17g | 22g | 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