

## 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

- 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.
- Heat 1 tablespoon oil in stock pot over medium heat. Brown beef in batches; Set aside and keep warm.
- Add onions, oregano and fennel seeds to stock pot; cook and stir 2 to 3 minutes or until onions begin to soften.
- 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.
- Stir in olives. Cook 2 to 3 minutes or until olives are heated through. Serve with mashed potatoes, as desired.
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### 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