





# Beef Cacciatore

A traditional hunter's-style stew, this cacciatore is made with fork-tender beef, vegetables and a red sauce. Serve it on a bed of pasta for a hearty dish.

## INGREDIENTS

- 1 beef Blade Chuck Steak Boneless, cut 1 inch thick (about 2 pounds)
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2.75	4	42 Cal	47g
Hours	Servings		Protein

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pounds)

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Hot cooked pasta (optional)

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## COOKING

1. Heat 2 teaspoons oil in stockpot over medium heat until hot. Place beef steak in stockpot; brown evenly.  
Remove steak from stockpot; season with 1/4 teaspoon salt.
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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		25g	135mg		24g	47g	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