

Healthy Beef Stew

TOTAL TIME: Prep: 10 min. Cook: 1-3/4 hours

YIELD: 6 servings.

Ingredients

6 tablespoons all-purpose flour, divided
1 teaspoon paprika
1/4 teaspoon pepper
1-1/2 pounds beef stew meat, cut into 1-inch cubes
1 tablespoon canola oil
3 c diced yellow onions (3 large)
3 tablespoons tomato paste
2 cups water
2 teaspoons beef bouillon granules
2 teaspoons dried basil, divided
1 teaspoon dried thyme, divided
1 teaspoon garlic powder, divided
2 bay leaves
3 cups cubed peeled potatoes

2 cups sliced carrots
2 tablespoons minced fresh parsley
1/4 teaspoon salt
1/4 cup cold water

Directions

1. In a large resealable plastic bag, combine 4 tablespoons flour, paprika and pepper. Add beef, a few pieces at a time, and shake to coat.
2. In a Dutch oven, brown beef and onion in oil over medium heat. Stir in tomato paste; cook until fragrant and the color starts to darken slightly. Add the water, bouillon, 1-1/2 teaspoons basil, 3/4 teaspoon thyme, 3/4 teaspoon garlic powder, onion powder and bay leaves. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until meat is almost tender.
3. Add the potatoes, and carrots. Cover and simmer 30 minutes longer or until the meat and vegetables are tender.
4. Discard bay leaves.