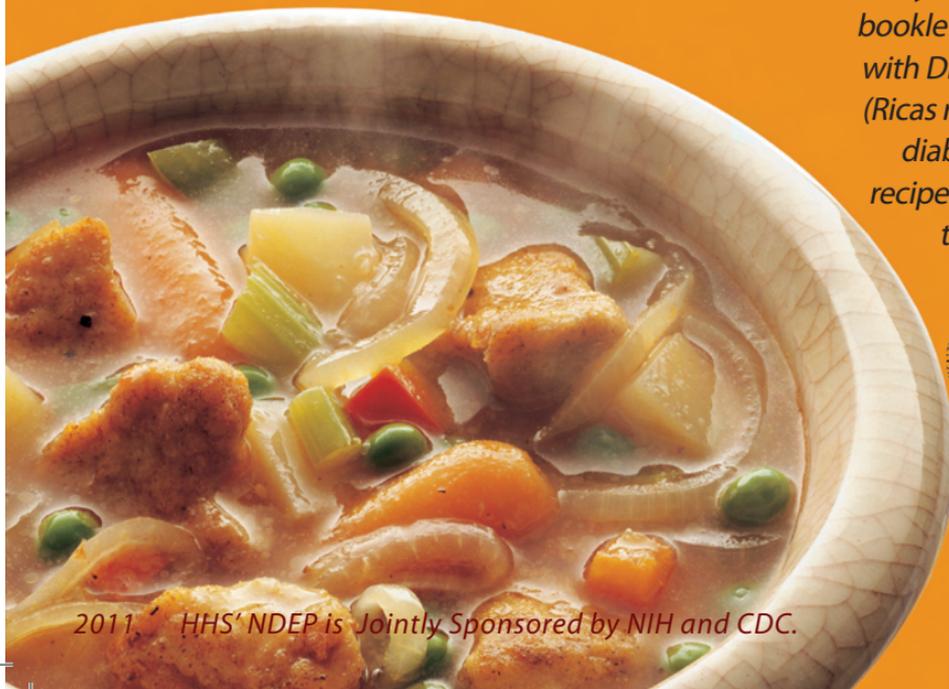


National Diabetes Education Program

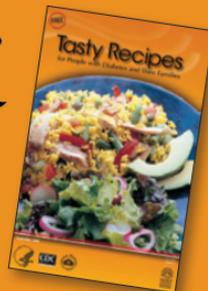
BEEF STEW



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***It's more than food. It's Life.
Más que comida, es vida.***

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NDEP-124

BEEF STEW

This dish goes nicely with a green leaf lettuce and cucumber salad and a dinner roll. Plantains or corn can be used in place of the potatoes. Total servings: 4.

Ingredients:

- 1 pound lean beef or turkey breast, cut into cubes
- 2 Tbsp. whole wheat flour
- ¼ tsp. salt (optional)
- ¼ tsp. pepper
- ¼ tsp. cumin
- 1½ Tbsp. olive oil
- 2 cloves garlic, minced
- 2 medium onions, sliced
- 2 stalks celery, sliced
- 1 medium red/green bell pepper, sliced
- 1 medium tomato, finely minced

- 5 cups beef or turkey broth, fat removed
- 5 small potatoes, peeled and cubed
- 12 small carrots, cut into large chunks
- 1¼ cups green peas

Directions:

- Preheat oven to 375 °F.
- Mix the whole wheat flour with salt, pepper, and cumin. Roll the beef or turkey cubes in the mixture. Shake off excess flour.
- In a large skillet, heat olive oil over medium-high heat. Add beef or turkey cubes and sauté until nicely brown, about 7–10 minutes.

- Place beef or turkey in an ovenproof casserole dish.
- Add minced garlic, onions, celery, and peppers to skillet and cook until vegetables are tender, about 5 minutes.
- Stir in tomato and broth. Bring to a boil and pour over turkey or beef in casserole dish. Cover dish tightly and bake for 1 hour at 375 °F.
- Remove from oven and stir in potatoes, carrots, and peas. Bake for another 20–25 minutes or until tender.

Exchanges: Meat 3 Vegetables 2 1/3 Bread 2 2/3 Fat 1 <small>Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.</small>	Nutrition facts: Beef Stew Serving Size.....1½ cup		Amount per serving Calories.....320 Calories from fat.....60	
	% Daily Value (DV)* Total Fat 7g.....11% Saturated Fat 1.5g.....8% Trans Fat 0g Cholesterol 40mg.....13%	Sodium 520mg.....22% Total Carbohydrate 41g.....14% Dietary Fiber 8g.....32% Sugars 9g Protein 24g	Vitamin A.....340% Vitamin C.....80% Calcium.....6% Iron.....15% <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at www.yourdiabetesinfo.org, or call 1-888-693-NDEP (1-888-693-6337).