BEEF STEW

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

Would you like to enjoy other tasty recipes? The NDEP’s recipe booklet, Tasty Recipes for People with Diabetes and Their Families (Ricas recetas para personas con diabetes y sus familiares), has recipes specifically designed for the Latin American palate.

National Diabetes Education Program

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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

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Nutrition facts: Beef Stew
- Serving Size: 1 ½ cup
- 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%

*Percent Daily Values are based on a 2,000 calorie diet.

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at www.cdc.gov/diabetes/ndep, or call 1-888-693-NDEP.