

# Slow-Braised Beef and Pumpkin Stew

*Chef Will LeRoux - Wayfarer Restaurant and Lounge, Cannon Beach, OR  
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## Servings: 8

*2 pounds beef tenderloin tips OR stew meat*

*1 cup all-purpose flour*

*1/2 teaspoon salt*

*freshly ground black pepper*

*1/4 cup canola oil*

*4 strips bacon, cooked and diced*

*1 1/2 cups yellow onion, chopped*

*1/4 teaspoon dried thyme*

*3 cups red wine*

*3 cups reduced-sodium beef broth*

*1 cup carrots, diced*

*2 cups potatoes, chopped*

*3 stalks celery, diced*

*3 cups chopped pumpkin*

*1/2 cup pepitas (shelled pumpkin seeds), toasted and salted*

Pat the meat dry with a paper towel. Place in a bowl and sprinkle with flour, salt and pepper. Toss to coat well.

Heat the oil in a heavy skillet. Add the meat and cook until browned on all sides. Add the bacon, onions and thyme. Cook until the onions are transparent. Add the red wine and broth. Simmer until the meat is almost tender and the sauce thickens. Add the carrots, potatoes, celery and pumpkin. Cook until the vegetables are tender, about 20 minutes.

Ladle the stew into bowls and sprinkle with pepitas.

*Fresh pumpkin is great in this recipe but you can also use packaged cubed butternut squash for ease.*

Per Serving (excluding unknown items): 250 Calories; 9g Fat (40.1% calories from fat); 4g Protein; 25g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 263mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	250
% Calories from Fat:	40.1%
% Calories from Carbohydrates:	51.4%
% Calories from Protein:	8.5%
Total Fat (g):	9g
Saturated Fat (g):	1g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	43mcg
Niacin (mg):	2mg

**Monounsaturated Fat (g):** 5g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 3mg  
**Carbohydrate (g):** 25g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 4g  
**Sodium (mg):** 263mg  
**Potassium (mg):** 478mg  
**Calcium (mg):** 30mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 13mg  
**Vitamin A (i.u.):** 4543IU  
**Vitamin A (r.e.):** 454RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 64  
**% Refuse:** 00%

## Food Exchanges

**Grain (Starch):** 1  
**Lean Meat:** 0  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 250 **Calories from Fat:** 100

### % Daily Values\*

<b>Total Fat</b>	9g	13%
Saturated Fat	1g	5%
<b>Cholesterol</b>	3mg	1%
<b>Sodium</b>	263mg	11%
<b>Total Carbohydrates</b>	25g	8%
Dietary Fiber	2g	9%
<b>Protein</b>	4g	
<b>Vitamin A</b>		91%
<b>Vitamin C</b>		22%
<b>Calcium</b>		3%
<b>Iron</b>		9%

\* Percent Daily Values are based on a 2000 calorie diet.