

Speedy Beef and Butternut Stew

*J. M. Hirsch - The Associated Press
Scripps Treasure Coast Newspapers*

Servings: 6

*2 tablespoons olive oil
1 1/2 pounds sirloin beef tips, cut
into 1-inch chunks
3 cups butternut squash, cut into
1/2-inch cubes
1 cup baby carrots, halved
1 large yellow onion, diced
2 cloves garlic, minced
1 can (28 ounce) crushed tomatoes
2 cups beef broth
1 teaspoon smoked paprika
1/2 teaspoon dried thyme
1/2 teaspoon mustard powder
salt (to taste)
ground black pepper (to taste)*

Preparation Time: 45 minutes

In a large saucepan over medium high, heat the oil. Add the beef, in batches if necessary to avoid crowding the pan. Cook, turning, until browned on all sides but still rare at the center, about 5 minutes. Use a slotted spoon to transfer the beef to a plate.

Return the saucepan to the heat and add the squash and carrots. If the pan is too dry to easily saute' the vegetables, you can add a splash of olive oil. Saute' until the squash begins to brown, about 5 minutes. Add the onion and garlic. Continue to cook until the onion is tender, about another 6 minutes.

Add the tomatoes, broth, paprika, thyme and mustard powder. Bring to a simmer and cook until the carrots and squash are tender, about 15 to 20 minutes. Return the beef to the pot as well as any juices that have accumulated on the plate. Simmer for 5 minutes then season with salt and pepper.

Per Serving (excluding unknown items): 119 Calories; 5g Fat (35.0% calories from fat); 5g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 457mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.