

Tuscan Stew with Parmesan Polenta

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 10

1 (3 to 4 pound) beef chuck roast, trimmed
1/3 cup all-purpose flour
2 1/4 teaspoons Kosher salt (coarse)
3 tablespoons olive oil
1 bag (one pound) frozen pearl onions, thawed
4 medium carrots, cut into two-inch pieces
4 medium stalks celery, cut diagonally into one-inch slices
2 cups Burgundy or dry red wine
1 can (14.5 ounce) Italian-style stewed tomatoes, undrained
1 cup beef-flavored broth
1 cup dried cannellini beans
1/2 teaspoon freshly ground pepper
1 tablespoon fresh thyme leaves, chopped
1 cup instant polenta
1/2 cup (two ounces) freshly grated Parmesan cheese

Preparation Time: 25 minutes

Spray a five- to six-quart slow cooker with cooking spray.

Cut the beef into one-inch cubes. In a large bowl, toss the beef with the flour and 1/2 teaspoon of salt.

In a twelve-inch skillet, heat the oil over medium-high heat. Add half of the beef. Cook and stir until browned. Remove from the skillet to the slow cooker. Repeat with the remaining beef. Discard the flour.

Add the onions, carrots, celery, wine, tomatoes, broth, beans, 1-1/2 teaspoon of salt, pepper and thyme to the slow cooker.

Cover and cook on LOW heat setting for eight hours.

About 20 minutes before serving, in a four-quart saucepan, heat four cups of water to simmering over medium-high heat. Stir in the polenta and reduce the heat. Simmer for 2 minutes, stirring constantly, until the polenta thickens. Stir in the cheese and remaining salt.

Serve the stew over the polenta.

Start to Finish Time: 8 hours 25 minutes

Per Serving (excluding unknown items): 78 Calories; 5g Fat (52.6% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 27mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	78
% Calories from Fat:	52.6%
% Calories from Carbohydrates:	39.8%
% Calories from Protein:	7.6%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	2mg
Carbohydrate (g):	8g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	27mg
Potassium (mg):	175mg
Calcium (mg):	22mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	5mg
Vitamin A (i.u.):	8138IU
Vitamin A (r.e.):	813 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	18mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	78	Calories from Fat: 41
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% Daily Values*

Total Fat	5g	7%
Saturated Fat	1g	4%
Cholesterol	2mg	1%
Sodium	27mg	1%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	6%
Protein	2g	

Vitamin A	163%
Vitamin C	9%
Calcium	2%
Iron	3%

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