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# Windsor`s Fall Beef Stew

*The Windsor Family Cookbook*

*Windsor Vineyards - Windsor, CA*

Servings: 4

**1 tablespoon olive oil**  
**1 pound beef stew meat, cut into one-inch cubes**  
**1 large onion, cubed**  
**2 carrots, cubed**  
**3 cloves garlic, chopped**  
**1 cup beef broth**  
**1 can (4 ounce) diced green chilies**  
**1/2 cup sliced green olives**  
**2 tablespoons oregano**  
**salt (to taste)**  
**pepper (to taste)**

Season the beef with salt and pepper. Then saute' in olive oil in a large Dutch oven until brown. Add the onions, carrots and garlic. Saute' about 5 more minutes.

Add the tomatoes, beef broth, green chilies, olives and oregano. Cover and simmer at low heat until the beef is tender - approximately one hour.

Uncover and simmer until the juices thicken, about 10 minutes.

## **Beef**

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*Per Serving (excluding unknown items): 243 Calories; 10g Fat (38.3% calories from fat); 28g Protein; 9g Carbohydrate; 3g Dietary Fiber; 62mg Cholesterol; 401mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fat.*