October Beef Stew
Serving size: 1/6 of recipe
Serves: 6

Ingredients
2 tablespoons olive oil
1½ pounds beef stew meat, cut into small pieces
¾ cup yellow onions, diced
2 cloves garlic, halved
½ cup celery, diced
1¼ cups carrots, diced
Dash of salt
Dash of ground black pepper
1 teaspoon dry oregano
1 teaspoon dry thyme
½ cup canned low sodium diced tomatoes
1 whole bay leaf
1½ cups low sodium vegetable broth
1 cup each fresh pumpkin (or winter squash), sweet potato, and white potato, diced
2 tablespoons Italian parsley, minced

Directions
In a large sauce pan heat the oil over medium-high heat. Add the beef and brown for 3 to 5 minutes stirring frequently.
Add the onion, garlic, celery, carrot, oregano, thyme, salt and pepper and sauté for 3 to 5 minutes or until the onions release their aroma.
Stir in the tomatoes, bay leaf and vegetable broth. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until meat is tender.
Stir in the pumpkin, sweet potato, potato and parsley and simmer for 10 to 15 minutes until the stew thickens.

Exchanges per serving
3 Lean Meats, 1 Starch, 1 Vegetable, 1 Fat

Nutrients per serving
Calories: 276
Calories from fat: 108
Total Fat: 12g
Cholesterol: 64mg
Total Carbohydrate: 17g
Sodium: 163mg
Dietary Fiber: 3g
Protein: 25g