

Tagine Style Beef with Fruit and Vegetables

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

3 tablespoons olive oil
1 onion, chopped
1 tablespoon chipotle pepper sauce
1 pound lean beef, cubed
4 cloves garlic, minced
Dash of Salt and pepper
1 teaspoon cinnamon
½ teaspoon cumin
1 tablespoon fresh ginger, grated
4 medium beets, quartered
1 cup butternut squash, diced
1 cup mango, diced
1 lemon, skin on, washed and quartered
1 cup low sodium vegetable broth
2 oranges, peeled and segmented
2 cups fresh Swiss chard, chopped
½ cup fresh Italian parsley, chopped

Directions

Heat the oil in a large Dutch oven over medium high heat.
Add the onions and sauté until soft.
Add the beef, garlic, seasonings and ginger, stirring to coat the meat. Sauté, stirring occasionally until the beef is browned.
Add the beets, squash, mango, lemon and broth and bring to a boil, stirring occasionally.
Cover, reduce heat to low and simmer for approximately 45 minutes.
Add the oranges, Swiss chard and parsley and continue to cook covered for 15 to 20 minutes or until the beef is tender.
Serve warm with brown rice or couscous.

Exchanges per serving:

2 Lean Meats, 2 Veg, 1 Fruit, 1 Fat

Nutrients per serving:

Calories: 263
Calories from fat: 99
Total Fat: 11g
Cholesterol: 44mg
Sodium: 174mg
Total Carbohydrate: 25g
Dietary Fiber: 6g
Protein: 19g