

Indian-Spiced Beef Stew

Use Stew Meat to try something new. This Indian-Spiced Beef Stew will take your taste buds on a worldly journey with unique flavors.

INGREDIENTS

- 2 pounds beef Stew Meat, cut into 1-inch pieces
- 2 tablespoons vegetable oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1-1/2 cups chopped onions
- 2 tablespoons minced fresh ginger
- 4 cloves garlic, minced
- 1 can (14-1/2 ounces) tomato sauce
- 1 tablespoon garam masala - Garam masala is available in the spice section of most large supermarkets or can be ordered online via the internet.
- 1 cup frozen peas
- 1 cup fat-free half-and-half
- Hot cooked basmati rice, naan or lime wedges (optional)



2.25	6	42 Cal	25g
Hours	Servings		Protein

COOKING

1. Heat 1-1/2 teaspoons oil in stockpot over medium heat until hot. Brown 1/2 of beef; remove from stockpot. Repeat with additional 1-1/2 teaspoons oil and remaining beef. Remove beef from stockpot. Season with salt and pepper.
2. Heat remaining 1 tablespoon oil in same stockpot over medium heat until hot. Add onions, ginger and garlic; cook and stir 3 to 5 minutes until onions are tender. Add tomato sauce and garam masala; cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours or until beef is fork-tender.
3. Add peas and half-and-half; continue simmering, uncovered, 1 to 2 minutes or until heated through.
4. Serve stew with Serving Suggestions, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		12g	61mg		16g	25g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com