

**THE HEALTHY BEEF COOKBOOK**  
**BEEF SOUPS, STEWS & CHILIS**

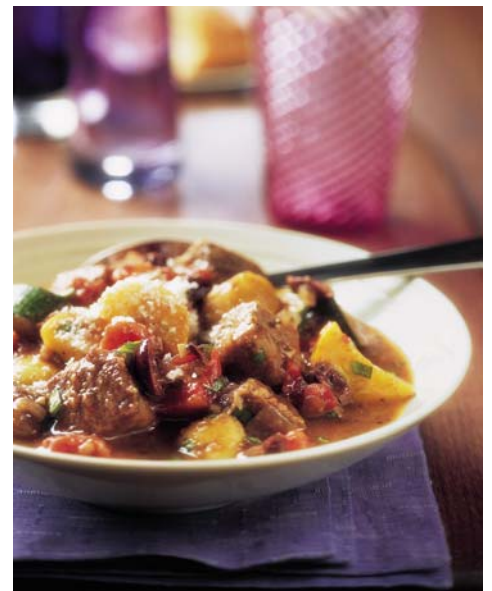
**PROVENÇAL BEEF STEW**

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Stew often tastes better the next day because the flavors have time to blend and intensify, so make it a day or two ahead of time and reheat for an easy dinner.

*Total preparation and cooking time: 2 to 2-1/4 hours*

- 2 pounds boneless beef chuck shoulder roast, cut into 1-inch pieces**
- 1/3 cup all-purpose flour**
- 3/4 teaspoon salt**
- 1/2 teaspoon pepper**
- 4 teaspoons olive oil, divided**
- 1 cup chopped onion**
- 1 tablespoon minced garlic**
- 1 cup dry red wine**
- 3 cups ready-to-serve beef broth**
- 1 can (14-1/2 ounces) diced tomatoes with garlic, undrained**
- 1 tablespoon herbes de Provence**
- 1 pound new potatoes, cut into quarters**
- 2 small zucchini, cut lengthwise in half, then crosswise into 1/2-inch thick slices**
- 2 small yellow squash, cut lengthwise in half, then crosswise into 1/2-inch thick slices**
- 1/2 cup niçoise olives, pitted and cut in half**
- 1/4 cup chopped fresh basil**
- Grated Parmesan cheese (optional)**



1. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef with remaining flour mixture.
2. Heat 2 teaspoons oil in stockpot over medium heat until hot. Brown 1/2 of beef; remove from stockpot. Repeat with remaining 2 teaspoons oil and remaining beef. Remove beef from stockpot.
3. Add onion and garlic to stockpot; cook and stir 3 to 5 minutes or until onions are tender. Add wine; increase heat to medium-high. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Stir in broth, tomatoes, herbes de Provence and reserved flour mixture. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours or until beef is fork-tender.
4. Add potatoes, zucchini and yellow squash to stockpot; continue simmering, covered, 15 minutes or until potatoes are tender. Add olives and basil; cook, uncovered, 2 to 3 minutes or until olives are heated through. Serve with cheese, if desired.

***Makes 6 servings.***

***Nutrition information per serving:*** 358 calories; 11 g fat (3 g saturated fat; 6 g monounsaturated fat); 80 mg cholesterol; 1179 mg sodium; 31 g carbohydrate; 4.1 g fiber; 30 g protein; 4.4 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 2.5 mcg vitamin B<sub>12</sub>; 6.0 mg iron; 28.9 mcg selenium; 7.3 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc, and a good source of fiber.

**Cook's Tip:** *Niçoise olives are from the Provence region of France. Small, oval and purplish-brown in color, they are packed in olive oil and have a nutty, mellow flavor. Greek Kalamata olives may be substituted for niçoise olives.*

**Cook's Tip:** *Herbes de Provence is a dried herb blend used in the cooking of southern France. Often sold in small clay crocks in supermarkets, it's commonly a blend of basil, fennel seed, lavender, marjoram, rosemary, sage, summer savory and thyme.*