

## Beef Stew for Leftovers

**Prep Time:** 5 mins

**Cook Time:** 90 mins

### Ingredients

750 g Pre-cut Stewing Beef  
2 Tbsp Canola Oil  
1 medium Yellow Onion  
3 Cloves Garlic  
2 Tbsp All Purpose Flour  
3 Tbsp Tomato paste  
500 ml Low Sodium Beef Stock  
4 ribs Celery  
2 Large Carrots  
1 Cup Frozen Pearl onions  
½ 14 oz Can Chopped Tomatoes  
1 cup Frozen Peas  
4 cups Brown rice  
To Taste Ground Black Pepper

**Makes 6 Servings**

### Nutrition Information

For 1.5 palm of hand and 1 cup rice:

- Protein: 28 g
- Calories: 478 kCal
- Sodium: 96 mg

### Instructions

1. To prepare the vegetables, chop the yellow onion, mince the garlic cloves, and small dice the carrots and celery.
2. Add oil and sear beef in a large pot until brown on each side and set aside.
3. Sauté the onion and garlic together.
4. To this, add the flour to make a roux or a thick, opaque mixture.
5. Add the tomato paste and cook.
6. Add stock bring to a simmer and adjust the heat to medium-high (400 °F = 204 °C).
7. Braise the meat in oven for 1 hour.
8. Add carrots, celery, onion, and tomato.
9. Add frozen peas.
10. Cook until vegetables and meat are soft.
11. Cook brown rice according to product instructions (all size meal plans).