

Pumpkin Harvest Beef Stew

Yield: 25
Serving Size: 1
Portion Size: Approximately 7-9 oz
Recipe View: Public
Recipe ID: 1612
Status: Approved
Contributed By: RIDGEWOOD BUSHWICK ISC

Tags: > Entrée > Dairy-Free > Good Source of Iron > Good Source of Potassium

Ingredients

- >> 7 lb(s) beef-raw, top round, steak
- >> 1 lb(s) small red potatoes
- >> 4 oz(s) onions, chopped
- >> 1 lb(s) pumpkin, cubed, peeled
- >> 4 oz(s) acorn squash, cubed
- >> 13 oz(s) canned diced tomatoes, low sodium
- >> 2 qt(s) beef broth, low sodium
- >> 1/2 garlic clove, minced
- >> 1/2 bay leaf
- >> 1/4 tsp(s) chili pepper
- >> 1/2 tsp(s) black pepper, ground
- >> 0dash of all spice, ground
- >> 2 tbsp(s) all purpose flour
- >> 2 tbsp(s) water
- >> 1 tbsp(s) canola oil

Nutrition Facts

Serving Size 1 (Approximately 7-9 oz)			
Amount Per Serving			
Calories 216		Calories from Fat 88	
% Daily Value *			
Total Fat 10g		15%	
Saturated Fat 4g		21%	
Trans Fat 1g		0%	
Cholesterol 75mg		25%	
Sodium 151mg		6%	
Carbohydrate 7g		2%	
Dietary Fiber 1g		4%	
Sugar 2g			
Protein 25g		50%	
Vitamin A	28%	• Calcium	3%
Vitamin C	10%	• Iron	16%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

- >> 1. In a large skillet, heat oil over medium heat. Brown meat in batches; remove with slotted spoon to sauce pot.
- >> 2. Add pumpkin, squash, and onions to sauce pot. Stir in the broth, diced tomato, and seasoning. Cover and cook on low for 6 hours or until meat is tender.
- >> 3. Remove bay leaf. In a small bowl stir together the water and flour until smooth; gradually stir mixture into stew.
- >> 4. Cover and cook on high for 30 minutes until stew is thickened and reaches an internal temperature of at least 145° F.

Recommendations

- >> It is recommended that chicken, beef and vegetable broths, stocks and bases contain no more than 100 mg sodium per serving. Broths, stocks and bases used in this recipe have less than 100 mg sodium per serving.
- >> It is recommended that canned tomato products contain no more than 100 mg sodium per serving. Canned tomato products used in this recipe have less than 100 mg sodium per serving.

Requirements

- >> The NYC Food Standards require that chicken, beef and vegetable broths, stocks and bases served to seniors contain <=360 mg sodium per serving.
- >> The NYC Food Standards require that canned/frozen vegetables and beans contain <=290 mg sodium per serving.