

## Beef Stew

Preparation time **5 minutes**

Cooking time **1½ hours**

Cost per serving **\$2.48**

Storage **3 days in the fridge.  
Can be frozen.**

Kitchen tools **Cutting board, sharp knife, measuring cups and spoons, large pot and lid, plate, wooden spoon, spatula, small sharp knife**



## Ingredients



15 ml (1 tbsp)  
**canola oil**



1 kg (2 lb)  
stewing **beef cubes**



**Salt and pepper**  
to taste



1 large or 2 small **yellow onions**,  
chopped (about 250 ml / 1 cup)



4 **garlic** cloves,  
finely chopped



750 ml (3 cups)  
**chicken broth**

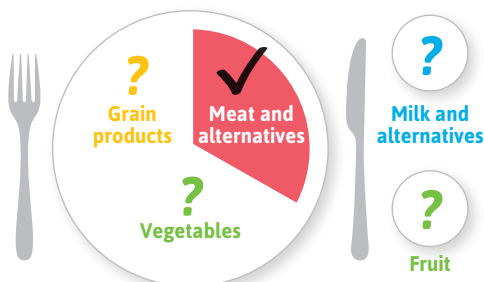


30 ml (2 tbsp)  
**soy sauce**



15 ml (1 tbsp)  
**molasses**

Illustrations © Québec Amérique. All rights reserved (ikonet.com)



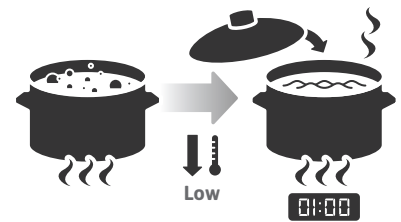
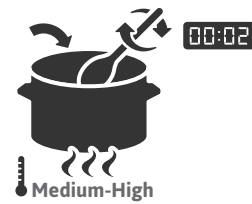
### Balanced plate

Serve with:

- ? Vegetables (mashed vegetables, for example) and a fruit
- ? A grain product during the meal (bread, for example) or for dessert (cookies, for example)
- ? A glass of milk or fortified soy beverage

# Directions

- 1 In a large pot over medium-high heat, heat the **oil** and cook half of the **beef cubes** until browned on all sides. Add **salt** and **pepper** and set aside on a plate. Repeat the action with the rest of the beef cubes.
- 2 In the same pot, cook the **onions** and **garlic** for 2 minutes over medium-high heat, or until browned (add a little oil if needed).
- 3 Add the **broth**, **soy sauce**, **molasses** and **cooked beef cubes** to the pot. Mix.
- 4 Bring to a boil, then reduce heat to low. Cover, leaving a small space for steam to escape and simmer for 1 hour.  
**Variation:** During the last minutes of cooking, add 30 ml (2 tbsp) of 100% concentrated frozen orange juice (thawed) for extra flavour, or sprinkle some orange zest over the dish before serving.  
**Tip:** Use the cooking time to prepare your side dishes.



My rating: ★ ★ ★

---



---



---



---



---

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition