

Canadian Beef Stew with Cabbage and Root Vegetables

Preparation time **15 minutes, included in the cooking time**

Cooking time **About 2 hours**

Servings **8**

Cost per serving **\$2.42**

Storage **4 days in the fridge.
Can be frozen.**

Kitchen tools **Measuring cups and spoons, cutting board, vegetable peeler, sharp knife, large pot, wooden spoon, plate, large cooking spoon**



Ingredients



15 ml (1 tbsp)
canola oil



1 kg (2 lb)
stewing beef cubes



Salt and pepper
to taste



60 ml (¼ cup)
ketchup



2.5 ml (½ tsp)
dried thyme



1 litre (4 cups)
chicken broth

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SHOW YOU HOW TO MAKE
YOUR OWN BROTH
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3 **carrots**, peeled and
chopped into large chunks



1 **rutabaga**, peeled and
chopped into large chunks

OR PARSNIPS,
SWEET POTATOES,
PUMPKIN
OR SQUASH

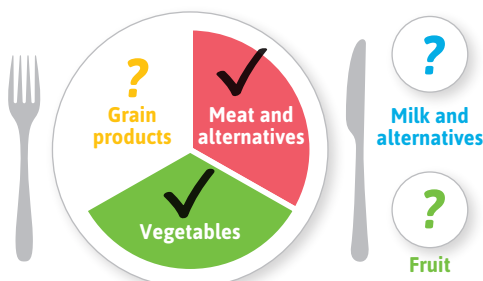


3 **regular potatoes**, washed
and chopped into large chunks



½ medium size **green
cabbage**, chopped
into large chunks

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Balanced plate

Serve with:

? A grain product (a slice of bread, for example)

? A fruit

? A glass of milk or fortified soy beverage

Directions

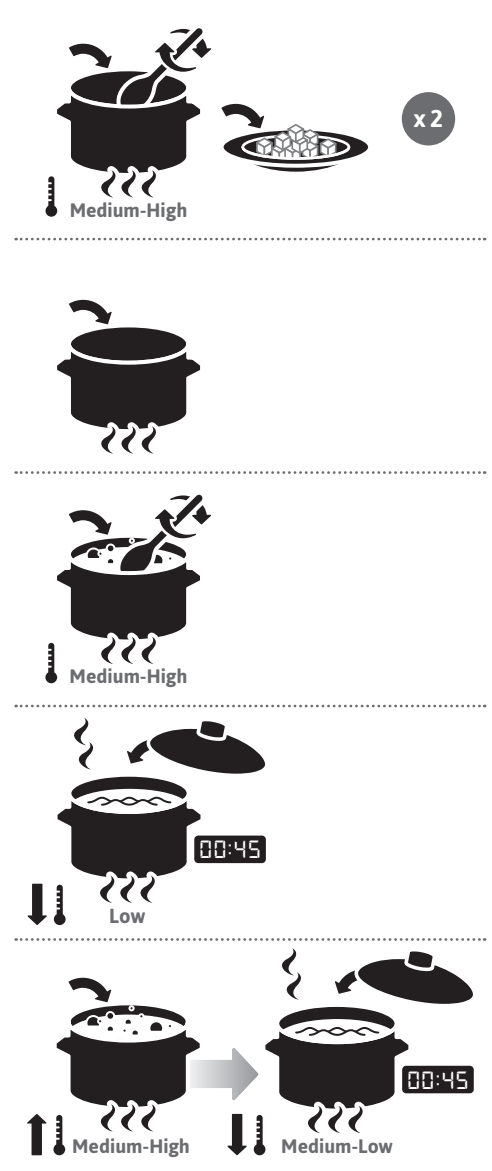
- 1 Heat the **oil** in a large pot over medium-high heat. Add half of the **beef cubes** and cook until browned on all sides. Add **salt** and **pepper** and set aside on a plate. Repeat with the remaining beef cubes.

- 2 Return all of the **cooked stewing beef cubes** to the pot. Add the **ketchup** and **thym**.

- 3 Add the **broth**, stir and bring to a boil over medium-high heat.

- 4 Reduce heat to low. Cover, leaving a small space for steam to escape and simmer for 45 minutes.
Tip: Use the cooking time to prepare the vegetables.

- 5 Add the **carrots, rutabaga, regular potatoes** and **cabbage**. Bring to a boil over medium-high heat, then reduce heat to medium-low and simmer partly covered, for 45 minutes.



My rating: ★ ★ ★

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