



Schoharie County  
173 South Grand St  
Cobleskill, NY 12043  
518.234.4303  
518.296.8310  
Fax: 518.234.4305  
schoharie@cornell.edu

Otsego County  
123 Lake St  
Cooperstown, NY 13326  
607.547.2536  
Fax: 607.547.5180  
otsego@cornell.edu

Oneonta Outreach  
31 Maple St  
Oneonta, NY 13820  
607.433.2521  
Fax: 607.436.9682

cceschoharie-otsego.org

## Beef Stew

### Ingredients:

- vegetable oil spray
- 1/3 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 pound lean boneless beef, cut into 1-inch cubes
- 3 cups water
- 1 low sodium beef bouillon cube
- 2 medium onions, sliced
- 4 medium potatoes, cut into 1-inch cubes
- 4 carrots, sliced
- 1 cup frozen peas

*Makes 4 servings - 17% calories from fat*

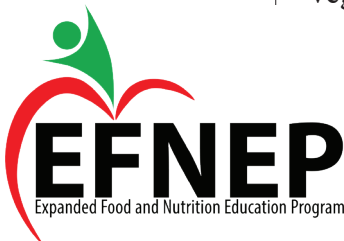
### Instructions:

1. Spray a large stewing pot with cooking spray.
2. Combine flour, salt and pepper. Coat meat with seasoned flour. Add to prepared pan and brown thoroughly.
3. Sprinkle remaining seasoned flour over the browned meat; stir.
4. Add water and beef bouillon and stir. Cover tightly and simmer 2 to 3 hours, or until meat is tender.
5. Add onions, potatoes and carrots. Simmer covered 15 to 20 minutes.
6. Add peas. Simmer, covered until vegetables are tender, about 5 to 10 minutes. Stir occasionally. Serve.

### Notes:

- When browning meat cubes, do not crowd the pan. If the pan is small, brown part of the meat at a time.
- Green beans, lima beans, celery, green pepper and rutabagas may also be used as stew vegetables.

Nutrition Facts	
Serving Size 1 3/4 cup	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 430</b>	Calories from Fat 70
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 85mg</b>	<b>28%</b>
<b>Sodium 440mg</b>	<b>18%</b>
<b>Total Carbohydrate 51g</b>	<b>17%</b>
Dietary Fiber 7g	28%
Sugars 9g	
<b>Protein 40g</b>	
Vitamin A 250%	Vitamin C 70%
Calcium 8%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.