

AUTUMN BEEF AND CIDER STEW

Total preparation and cooking time: 2 to 2-1/2 hours

- 2 pounds beef for stew, cut into 1 to 1-1/2-inch pieces**
- 2 slices bacon, cut into 1/2-inch pieces**
- 1 teaspoon salt**
- 1/2 teaspoon pepper**
- 1 can (10-1/2 ounces) condensed French onion soup**
- 1 cup apple cider**
- 1 pound sweet potatoes, peeled, cut into 1-inch pieces (about 3 cups)**
- 1/3 cup sweetened dried cranberries**

1. Cook bacon in stockpot over medium heat until crisp; remove with slotted spoon to paper-towel-lined plate. Brown 1/2 of beef in bacon drippings over medium heat; remove from stockpot. Repeat with remaining beef; season with salt and pepper.
2. Return beef and bacon to stockpot. Add soup and cider; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 hours.
3. Add sweet potatoes and cranberries to stockpot; bring to a boil. Reduce heat; continue simmering, covered, 20 to 30 minutes or until beef and potatoes are fork-tender.

Makes 4 to 6 servings.

Nutrition information per serving (1/4 of recipe): 432 calories; 12 g fat (5 g saturated fat; 5 g monounsaturated fat); 98 mg cholesterol; 1384 mg sodium; 43 g carbohydrate; 4.6 g fiber; 36 g protein; 5.2 mg niacin; 0.6 mg vitamin B₆; 2.9 mcg vitamin B₁₂; 4.0 mg iron; 25.3 mcg selenium; 7.7 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.

Nutrition information per serving (1/6 of recipe): 288 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 65 mg cholesterol; 923 mg sodium; 29 g carbohydrate; 3.1 g fiber; 24 g protein; 3.5 mg niacin; 0.4 mg vitamin B₆; 1.9 mcg vitamin B₁₂; 2.7 mg iron; 16.9 mcg selenium; 5.1 mg zinc.

This recipe is an excellent source of protein, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of fiber, niacin and iron.