

FRENCH COUNTRY BEEF STEW

Total preparation and cooking time: 2-1/4 to 2-3/4 hours

2-1/2 pounds beef for stew, cut into 1-inch pieces
2 cups water
1 package (.9 to 1.68 ounces) dry vegetable soup mix
1 pound asparagus, cut into 2-inch pieces
8 ounces mushrooms, cut in half
2 tablespoons cornstarch dissolved in 1/4 cup water
Salt and pepper

1. Combine beef, water and soup mix in stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender.
2. Add asparagus and mushrooms to stockpot; bring to a boil. Reduce heat to medium and cook, uncovered, 4 to 5 minutes or until asparagus is crisp-tender, stirring occasionally. Stir in cornstarch mixture; bring to a boil. Cook 1 minute, stirring occasionally. Season with salt and pepper, as desired.

Makes 6 to 8 servings.

Cook's Tip: *Beef stew can be served over steamed new potatoes.*

Nutrition information per serving: 242 calories; 9 g fat (3 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 177 mg sodium; 11 g carbohydrate; 2.1 g fiber; 30 g protein; 5.7 mg niacin; 0.4 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 4.5 mg iron; 23.9 mcg selenium; 6.6 mg zinc.

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