

**MEDITERRANEAN BEEF WITH MIXED OLIVES AND FETA**

*Total preparation and cooking time on high setting: 5-1/4 to 6-1/4 hours*

*Total preparation and cooking time on low setting: 8-1/4 to 9-1/4 hours*

- 2 pounds beef for stew, cut into 1/2 to 3/4-inch pieces**
- 2 cans (14-1/2 to 15 ounces *each*) chili-seasoned diced tomatoes, undrained**
- 1 cup assorted olives, pitted, cut in half**
- 1/2 teaspoon salt**
- 1/4 teaspoon pepper**
- Cooked basmati rice**
- 1/2 cup crumbled feta cheese**

1. Place beef, tomatoes and olives in 3-1/2 to 5-1/2-quart slow cooker. Cover and cook on **LOW** 8 to 9 hours, or on **HIGH** 5 to 6 hours, or until beef is fork-tender. (No stirring is necessary during cooking.) Season with salt and pepper.
2. Serve over rice, as desired. Sprinkle with cheese.

***Makes 4 to 6 servings.***

***Cook's Tip:*** For more Mediterranean flavor, add grated lemon peel to the cooked basmati rice.

***Nutrition information per serving (1/4 of recipe):*** 378 calories; 19 g fat (7 g saturated fat; 5 g monounsaturated fat); 108 mg cholesterol; 2014 mg sodium; 14 g carbohydrate; 0 g fiber; 36 g protein; 4.4 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 3.1 mcg vitamin B<sub>12</sub>; 3.3 mg iron; 25.5 mcg selenium; 7.8 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.

***Nutrition information per serving (1/6 of recipe):*** 252 calories; 12 g fat (4 g saturated fat; 3 g monounsaturated fat); 72 mg cholesterol; 1343 mg sodium; 9 g carbohydrate; 0 g fiber; 24 g protein; 3.0 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 2.1 mcg vitamin B<sub>12</sub>; 2.2 mg iron; 17.0 mcg selenium; 5.2 mg zinc.

This recipe is an excellent source of protein, vitamin B<sub>12</sub>, selenium and zinc; and a good source of niacin, vitamin B<sub>6</sub>, and iron.