

SLOW-COOKED BEEF RISOTTO

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 cups water**
- 2 cloves garlic, minced**
- 1 package (5.5 to 8 ounces) mushroom *or* cheese risotto mix**
- 1 cup frozen peas**
- 1/3 cup shredded Parmesan cheese**
- Shredded Parmesan cheese (optional)**

1. Combine beef, water and garlic in stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 hours.
2. Stir in contents of risotto mix package omitting butter or oil; continue simmering, covered, 18 to 20 minutes or until rice is tender and beef is fork-tender. Stir in peas; remove from heat. Let stand 5 minutes.
3. Stir in cheese. Serve with additional cheese, if desired.

Makes 4 to 6 servings.

Nutrition information per serving (1/4 of recipe): 415 calories; 12 g fat (5 g saturated fat; 5 g monounsaturated fat); 96 mg cholesterol; 835 mg sodium; 35 g carbohydrate; 1.9 g fiber; 39 g protein; 4.9 mg niacin; 0.4 mg vitamin B₆; 2.9 mcg vitamin B₁₂; 4.0 mg iron; 25.1 mcg selenium; 7.7 mg zinc.

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

Nutrition information per serving (1/6 of recipe): 277 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 64 mg cholesterol; 556 mg sodium; 23 g carbohydrate; 1.3 g fiber; 26 g protein; 3.3 mg niacin; 0.3 mg vitamin B₆; 1.9 mcg vitamin B₁₂; 2.7 mg iron; 16.7 mcg selenium; 5.2 mg zinc.

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