

## Three-Pepper Beef Stew

Cayenne pepper sauce, crushed red pepper, and red sweet peppers add up to triple-good flavor.

**SERVINGS: 6 (about 1½-cup)**

**CARB GRAMS PER SERVING: 25**

### Ingredients

- 1 tablespoon canola oil
- 4 medium carrots, cut into 1-inch pieces
- 2 stalks celery, cut into 1-inch pieces
- 1 large onion, chopped
- 6 cloves garlic, minced or 1 tablespoon minced garlic
- 2 pounds beef chuck roast, trimmed of fat and cut into 1-inch cubes
- 1 ¾ cups dry red wine or 1 14-ounce can lower-sodium beef broth
- 1 14-ounce can lower-sodium beef broth
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 2 to 3 teaspoons bottled cayenne pepper sauce
- ¼ to ½ teaspoon crushed red pepper
- 2 large potatoes, unpeeled, cut into 1-inch pieces
- 2 medium red sweet peppers, cut into 1-inch pieces
- 2 tablespoons cold water
- 1 tablespoon cornstarch



### Nutrition Facts

**Servings: 6 (about 1½-cup)**

<b>Calories</b>	<b>401</b>
<b>Total Fat</b>	<b>10g</b>
<b>Saturated Fat</b>	<b>3g</b>
<b>Cholesterol</b>	<b>82mg</b>
<b>Sodium</b>	<b>358mg</b>
<b>Carbohydrate</b>	<b>25g</b>
<b>Fiber</b>	<b>4g</b>
<b>Protein</b>	<b>36g</b>

### Diabetic Exchanges

<b>Starch (d.e.)</b>	<b>1</b>
<b>Vegetables (d.e.)</b>	<b>1.5</b>
<b>Lean Meat (d.e.)</b>	<b>4.5</b>

### Directions

- 1.** In a 4- to 6-quart Dutch oven, heat oil over medium heat. Add carrots, celery, onion, and garlic; cook about 5 minutes or until onion is tender, stirring occasionally. Add beef; cook about 15 minutes or until browned, stirring occasionally. Drain off fat.
- 2.** Stir in wine, broth, tomato paste, Worcestershire sauce, pepper sauce, and crushed red pepper. Bring to boiling; reduce heat. Cover and simmer for 1 hour, stirring occasionally.
- 3.** Add potatoes and sweet peppers. Return to boiling; reduce heat. Cover and simmer for 15 to 20 minutes or until meat and potatoes are tender.
- 4.** In a small bowl, stir together cold water and cornstarch. Stir into beef mixture. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Makes 6 (about 1 ½-cup) servings