

This hearty **vegetable-beef stew** will satisfy your craving for comfort food—without all the fat and calories.

HEALTHY

Work: 25 min **Total:** 2 hr 15 min

- 1. 1 tbsp canola oil
- 12 oz beef or lamb stew meat, cut into 1-inch cubes
- 4 14-oz cans low-sodium beef broth
- 1 cup chopped onion
- ½ cup chopped celery
- 1 tsp dried oregano or basil
- 2 cloves garlic, minced
- ¼ tsp ground black pepper
- 1 bay leaf
- 1 cup frozen mixed vegetables
- 1 14.5-oz can diced tomatoes
- 1 cup parsnip cut into ½-inch slices, or potato cut into ½-inch cubes
- ⅔ cup quick-cooking barley

1. Heat oil in a large pot over medium heat. Add meat and cook, turning occasionally, until meat is browned, about 5 min. Stir in broth, onion, celery, oregano, garlic, pepper and bay leaf. Bring to a boil; reduce heat. Cover and simmer for 1½ hr for beef or 45 min for lamb.

2. Stir in frozen vegetables, tomatoes with juice, parsnips and barley and return to a boil. Reduce heat; cover and simmer about 15 min or until meat and vegetables are tender.

Discard bay leaf. **SERVES 8**

Per serving: 168 calories, 4 g total fat, 1 g sat fat, 492 mg sodium, 20 g carbs, 25 mg chol, 13 g protein, 3 g fiber