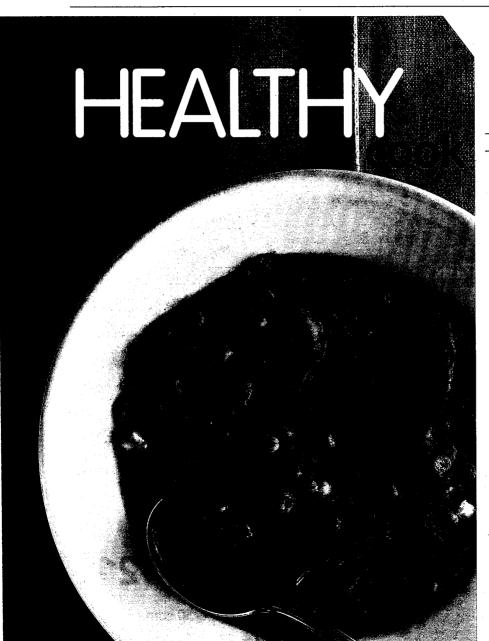
This hearty **vegetable-beef stew** will satisfy your craving for comfort food—without all the fat and calories.



Work: 25 min Total: 2 hr 15 min

- 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
- 1/2 cup chopped celery
- 1 tsp dried oregano or basil
- 2 cloves garlic, minced
- 1/4 tsp ground black pepper
- bay leaf
- 1 cup frozen mixed vegetables 1 14.5-oz can diced tomatoes
- 1 cup parsnip cut into 1/2-inch slices,
  - or potato cut into 1/2-inch cubes
- 2/3 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 11/2 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