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# Beef Stew

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

**1 1/2 pounds lean round steak (1/2-inch thick)**  
**4 medium carrots, scraped and cut into 1-inch pieces**  
**1 large (1/2 pound) potato, peeled and cut into 1-inch cubes**  
**1 medium onion, chopped**  
**1/4 cup celery, chopped**  
**1/4 cup green pepper, chopped**  
**1 slice whole wheat bread, crumbled**  
**2 tablespoons quick-cooking tapioca**  
**1/2 teaspoon dried whole thyme**  
**1/4 teaspoon dried whole rosemary, crushed**  
**1/4 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 can (16 ounce) whole tomatoes, drained and chopped**  
**1 cup water**  
**3/4 cup dry red wine**

Trim the excess fat from the steak. Partially freeze the steak. Cut into 1-inch squares.

Combine the meat and remaining ingredients in a Dutch oven. Bring to a boil. Cover and reduce the heat.

Simmer one to one and one-half hours or until the meat is tender, stirring occasionally.

Ladle into bowls and serve.

Yield: 9 cups

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Per Serving (excluding unknown items): 502 Calories; 3g Fat (5.5% calories from fat); 11g Protein; 87g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 951mg Sodium. Exchanges: 2 1/2 Grain(Starch); 9 Vegetable; 0 Fat.