

Tex-Mex Beef Stew

Serves 4; 1 1/4 cups per serving

Ingredients

1 pound top sirloin steak, all visible fat removed, cut into 1-inch pieces
12 ounces red potatoes, cut into 1-inch pieces
1 large green bell pepper, cut into 1-inch pieces
2 medium onions, quartered
1/3 cup water
1 1/2 tablespoons steak sauce
2 teaspoons very low sodium beef bouillon granules
2 teaspoons chili powder
1/2 teaspoon sugar
1/4 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon ground cumin
2 tablespoons low-sodium ketchup

Directions

In a slow cooker combine the steak, potatoes, bell peppers, onions, water, steak sauce, bouillon granules, chili powder, sugar, 1/4 teaspoon cumin, and salt. Cook on high for 4 hours or on low for 8 hours. Just before serving, stir in the remaining cumin and ketchup.

Nutrition Analysis (per serving)

Calories 270; Total Fat 5.5 g; Saturated Fat 2.0 g; Polyunsaturated Fat 0.5 g;
Monounsaturated Fat 2.0 g; Cholesterol 69 mg; Sodium 411 mg; Carbohydrate 30 g;
Fiber 5 g; Protein 28 g

From American Heart Association Low-Calorie Cookbook