

BROWN STEW

1½ pounds round steak cut into 1 to 2" chunks
2 to 3 tablespoons flour, seasoned with salt and pepper
1 to 2 tablespoons vegetable oil
1 large onion, chopped
4 medium carrots, cleaned and sliced
1 cup beef broth
1 cup Guinness

Toss the beef in the seasoned flour to coat. Add the oil to a nonstick pan or pot and heat. Brown the meat in several batches if necessary and transfer to a plate.

Add the onions and carrots to the pan and saute until the onion is translucent. Return the beef to the pan and add the broth and Guinness gradually. Bring to a boil and reduce the heat to a gentle simmer. Cover and simmer for approximately 1 to 1½ hours. Add more broth during the cooking time if needed and stir often.

MAKES 4 SERVINGS

7 POINTS PER SERVING

Per Serving: 322 calories, 13 g. total fat, 3 g. saturated fat, 56 mg. cholesterol., 293 mg. sodium, 17 g. carb., 3 g. fiber, 31 g. protein, 40 mg. calcium