



Total Time
100 MIN.

Serving & Size
1 CUP

Difficulty
EASY

Beef is the center of this hearty stew enhanced with smoked paprika, garlic, V8, and filled with corn, apricots, cilantro and vinegar that provide a bit of mystery.

Yields
24

Nutrition Facts	
Serving Size	1 CUP
Amount Per Serving	
Calories 222	
	% Daily Value
Total Fat 6.4g	10%
Saturated Fat 1.6g	8%
Cholesterol 33mg	11%
Sodium 522mg	22%
Total Carbohydrate 30.9g	10%
Dietary Fiber 4.2g	17%
Protein 13.5g	27%
Vitamin A 50%	Vitamin C 70%
Calcium 4%	Iron 16%

INGREDIENTS

	WEIGHT	MEASURE
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vegetable oil		2 1/2 tbsp.
boneless beef chuck roast, cut into 1-inch pieces, yield from 1 pound raw		2 1/2
paprika, smoked		1 1/2 tbsp.
Vidalia onion, minced	30 oz.	1 1/2 qt.
green and red bell pepper, diced	30 oz.	1 1/2 qt.
carrot	28 oz.	1 qt.
garlic, peeled, minced		3 tbsp.



V8® 100% Vegetable Juice 3 qt.

Swanson® Beef Broth		4 cups
frozen whole kernel corn	1 lb.	1 qt.
dried apricots, julienned	18 oz.	3 cups
cilantro, chopped		1 cups
sherry wine vinegar		3/4 cups
chili oil	1 oz.	2 tbsp.
cilantro, minced, as needed		



TIP

This recipe meets Partnership for a Healthier criteria for overall cafeteria and general menu offerings (a la carte entrees).



INSTRUCTIONS

1. Heat oil in a large rondo over medium-high heat. Add beef and sauté until well browned on all sides, about 6 minutes. Stir in paprika and continue to cook 2 minutes, stirring often.

2. Add onions and continue cooking for 5 minutes. Stir in peppers, carrots and garlic. Continue cooking for 5 minutes.

3. Stir in V8® 100% Vegetable Juice and Swanson® Beef Broth. Bring to a boil. Reduce heat and simmer on low for 60-75 minutes, or until beef is tender. Add water as necessary if mixture gets too thick.

4. Add corn and apricots. Continue cooking 15-20 minutes.

5. Mix in cilantro and vinegar.

CCP: Heat to an internal temperature of 165°F or higher for 15 seconds.

CCP: Hold hot at 140°F or higher for service.

6. **To Serve:** Using an 8 oz. ladle, portion 1 cup of stew into a bowl. Drizzle with 1/2 teaspoon chili oil over top of soup and sprinkle with cilantro, as needed, to garnish.