

Tex Mex Beef Stew

Portion Size: 8 fl oz

Yield: 8

Ingredients:

Beef, Bottom Round	1 pound
Worcestershire Sauce	2 TBSP
Lime Juice	2 TBSP
Dijon Mustard	2 ½ tsp
Garlic, chopped	¼ tsp
Low Sodium Beef Stock	2 cups
Chili Powder	¼ tsp
Cilantro, chopped	1 ¼ tsp
Jalapeno Peppers, chopped	¾ tsp
Light Brown Sugar	¼ tsp
Tomato Juice	1 cup
Canola Oil	1 tsp
Yellow Onion, diced	1 cup
Carrots, peeled, diced	2 cups
White Potatoes, peeled, diced	2 cups
Salt	½ tsp

Preparation:

1. Trim beef and cut into 1-inch cubes. Combine Worcestershire sauce, lime juice, mustard, and garlic to make marinade. Cover beef in marinade; marinate overnight.
2. Combine beef stock, chili powder, cilantro, jalapenos, brown sugar, and tomato juice. Reserve.
3. Remove meat from marinade and pat dry; discard leftover marinade.
4. Heat the oil in a large pot. Sear the meat on each side.
5. Add the onions and carrots and sauté, pushing the browned meat to the side.
6. Add reserved liquid (from step 2) and potatoes, bring to a boil.
7. Reduce to a simmer and cook until meat is tender, and vegetables are soft. Add salt.

Watch FLIK's cooking video of this recipe on our YouTube channel [HERE](#).

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
180	14	17	3	4	6	2	320



RD APPROVED



FLIK-USA.com/blog



FLIK Hospitality
Group



@FLIKHospitality

Food by FLIK