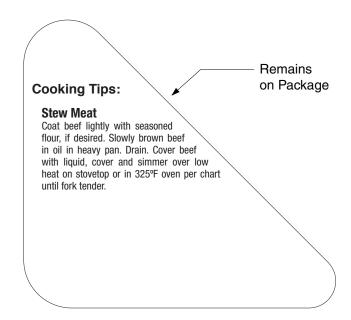


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## NOT FOR EXACT COLOR MATCH FOR PLACEMENT ONLY -





"Photo and Recipe Courtesy of The Beef Checkoff" spinach is tender. 7-3/4 to 2-7/4 hours or until beet is fork-tender. Stir in spinach; continue cooking 5 minutes or until Quick Tip: One 9 ounce package baby spinach may be substituted for Swiss chard. Simmer beef mixture,

ILOM STOCKDOL, HEPERL WITH TEMBINING DEEL SEASON WITH SAIL, AS DESIFED. 1. Heat oil in large stockpot over medium heat until hot. Brown 1/2 of beef, remove

into 1-inch pieces (about 10 cups) 2 tablespoons shredded Parmesan cheese diced formatioes, undrained diced formatioes, undrained a pound Swiss chard, cut lengthwise in half, then crosswise 1 can (15 ounces) Great Morthern beans, undrained 1 can (14-1/2 ounces) Italian-style lio əldatəgəv nooqsəldat T cut into 1-inch pieces 'x bonnds beet tor stew, ingredients:

FORM# QC007 ISSUE A4

**TÜOƏAR** AND SPINACH BEEF, BEAN

**AUTUMN BEEF AND CIDER STEW** 

Ingredients: 2 pounds beef for stew, cut into 1 to 1-1/2-inch pieces 2 slices bacon, cut into 1/2-inch pieces 1 teaspoon salt 1/2 teaspoon pepper

1 can (10-1/2 ounces) condensed French onion soup 1 cup apple cider 1 pound sweet potatoes, peeled, cut into 1-inch pieces (about 3 cups) 1/3 cup sweetened dried cranberries

1. Cook bacon in stockpot over medium heat until crisp; remove with slotted spoon to paper-towel-lined plate. Brown 1/2 of beef in bacon drippings over medium heat; remove from stockpot. Repeat with remaining beef; season with salt and pepper.

2. Return beef and bacon to stockpot. Add soup and cider; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 hours.

3. Add sweet notatoes and cranberries to stocknot: bring to a hoil. Reduce heat: continue simmering. covered, 20 to 30 minutes or until beef and potatoes are fork-tender

\*\*Photo and Recipe Courtesy of The Beef Checkoff\*

Makes 4 to 6 servings.

"Photo and Recipe Courtesy of The Beef Checkoff"

**Quick Tip:** Beef stew can be served over steamed new potatoes.

y, season with sait and pepper, as desired. occasionally, Stir in cornstarch mixture; bring to a boil. Cook 1 minute, stirring occasional-2. Add asparagus and mushrooms to stockpot; bring to a boil. Reduce heat to medium and cook, uncovered, 4 to 5 minutes or until asparagus is crisp-tender, stirning tightly and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender.

1. Combine beet, water and soup mix in stockpot; bring to a boil. Reduce

Salt and pepper 8 ounces mushrooms, cut in half 2 tablespoons comstarch dissolved in 1/4 cup water package (.9 to 1.68 ounces) dry vegetable soup mix
package to tend asparagus, cut into 2-inch pieces cut into 1-inch pieces 2 cups water .Y-1/2 pounds beet for stew,

**BEEF STEW ЕВЕИСН СОПИТВУ** STEWING

:saueineaßui

**ASIAN BRAISED BEEF WITH** 

**VEGETABLES** 

Ingredients: 2-1/2 pounds beef for stew, cut into 1-1/2-inch pieces 1 can (13-1/2 to 14 ounces) coconut milk 1/2 cup golden raisins 1 tablespoon curry powder

1 package (16 ounces) frozen Asian vegetable blend 6 cups cooked toasted almond rice pilaf or toasted pine nut couscous (optional) Salt

1. Combine beef, coconut milk, raisins and curry powder in stockpot; bring to a boil. Reduce heat; cover lightly and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender. 2. Stir in frozen vegetables; bring to a boil. Reduce heat to medium; cook, uncovered, 5 to 7 minutes or until vegetables are just tender, stirring occasionally. 3. Serve beef mixture over couscous, if desired. Season with salt.

Quick Tip: Two packages (5.6 ounces each) toasted pine nut couscous mix or 2 packages (6.6 ounces each) toasted almond rice pilaf mix yield approximately 6 cups cooked couscous.

Makes 6 servings.

\*\*Photo and Recipe Courtesy of The Beef Checkoff\*\*

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