

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Winter Beef Stew

From [kraftfoods.com](http://kraftfoods.com)

Makes 8 servings, 1 ¼ cups each

¾ cup Italian Dressing (Look for an all-natural one without trans-fat, corn syrup, and other additives.)

2 lbs. beef for stew, such as chuck roast, cut into 1-inch chunks

6 slices bacon (Look for one that is nitrate and nitrite free. Oscar Meyer now has one.)

3 cups sliced fresh mushrooms

1 large onion, chopped

6 carrots, sliced

1 - ½ lbs. potatoes, peeled, cut into large chunks

1 can (14-1/2 oz.) stewed tomatoes, undrained

1 can (14-1/2 oz.) beef broth (Look for an all-natural brand that does not contain MSG.)

1. Pour dressing over beef in shallow glass dish. Refrigerate 30 minutes. Meanwhile, line a baking sheet with foil and cook bacon in a 375 ° oven for 12- 15 minutes until crisp. Drain bacon on paper towels, and crumble into small pieces.
2. Add mushrooms and onions to saucepan; cook on medium-high heat 10 minutes, stirring occasionally. Remove beef from marinade; discard marinade. Add beef, carrots, potatoes, tomatoes, broth and bacon to saucepan; stir.
3. Bring to boil, stirring occasionally; cover. Simmer on low heat 1 hour 30 minutes, or until meat is done and sauce is thickened, stirring occasionally and removing the lid for the last 15 minutes.

For extra flavor, add ½ tsp. dried thyme leaves to saucepan with the beef and vegetables.