

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Aromatic Beef Stew with Butternut Squash

From *So Easy* by Ellie Krieger

Serves 4

2 teaspoons olive oil
1 pound stew beef (round or chuck), cut into chunks
1 large onion, chopped
1 tablespoon minced peeled fresh ginger
2 cloves garlic, minced
1 pound peeled cubed butternut squash, cut into 1 ½ - inch cubes (about 2 ½ cups)
1 14.5-ounce can no-salt-added diced tomatoes
1 8-ounce can no-salt-added tomato sauce
1 ½ cups low-sodium beef broth
1 ½ teaspoons ground cumin
1 teaspoon cinnamon
½ teaspoon crushed red pepper flakes
3 cups cooked whole-wheat couscous, optional
¼ cup sliced almonds, toasted in a dry skillet over medium-high heat, stirring frequently, until golden brown and fragrant, about 2 minutes, optional
4 teaspoons minced fresh parsley

1. Heat oil in a 4-quart saucepan over medium-high heat. Add the beef and cook until browned on all sides, about 5 minutes. Transfer the meat to a plate, leaving the juices in the saucepan.
2. Add the onion and cook, stirring, until softened and translucent, about 6 minutes.
3. Add the ginger and garlic and cook, stirring, for 1 additional minute. Return the beef to the pot and stir in the squash, diced tomatoes, tomato sauce, beef broth, cumin, cinnamon, and red pepper flakes. Bring to a boil, then reduce the heat to a simmer. Cover and cook until the beef is tender, 30 to 35 minutes. Season to taste with salt and pepper.
4. Spoon the stew over the couscous, if desired, and sprinkle each serving with almonds and parsley.