

Savory Beef Stew

Makes multiple servings (1 protein, 1 vegetable)

22 grams protein

8 grams fat

185 calories

Ingredients

- 100 grams lean steak (round, London broil, or any lean steak), finely cubed or whole
- 1½ cups chopped celery per serving of beef
- ¼ cup beef broth or water
- 1/2 tablespoon onion, chopped
- 1 clove garlic, crushed
- ⅛ teaspoon onion powder
- ⅛ teaspoon garlic powder
- Pinch of oregano
- Cayenne pepper to taste
- Sea salt and pepper to taste



Directions

1. In saucepan, lightly brown cubed beef, onion and garlic.
2. Add water, vegetables, and spices and bring to a boil
3. Reduce heat and simmer for approximately 30 minutes to an hour, or until the beef is tender.
4. Add water as needed to create a stew like consistency.
5. Serve hot and enjoy.
6. Garnish with parsley.

PHASE 3 MODIFICATION

Add additional non-starchy vegetables.

This also works as a crock pot recipe.

Just add additional water and slow cook in whole 100 gram servings instead of cubed.

Note: This is a slow cooked dish so, for multiple servings, weigh out in hundred gram portions and then divide into equal servings at the end of the cooking process.