



Vegetable Beef Stew

Serves 1 / Cooking Time: 75mins

16 carbs / 40.2 fat / 42.4 protein / 592.6 calories

Ingredients:

- 2 tablespoons olive oil
- 1/4 cup chopped onions
- 1/4 cup sliced mushrooms
- 1/4 cup chopped carrots
- 1/4 cup chopped green peppers
- 2 tablespoons chopped celery
- 1 clove garlic, minced
- 1/4 lb top sirloin beef, cubed
- 1/2 cup chopped tomatoes
- 1/2 tablespoon tomato paste
- 2 slices cooked bacon, crumbled
- Salt and pepper

Directions

Heat a small saucepan over medium heat. Add the olive oil and vegetables and cook until tender. Add the garlic and season with salt and pepper. Add the beef, tomatoes, and tomato paste to the pan. Simmer until tomatoes are broken down and thickened and beef is cooked (1 hour). Before serving, top with bacon.