



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Cider Stew\*

- 2 ½ pounds lean beef roast (about 2 inches thick)
- 3 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dried thyme
- 3 tablespoons canola oil
- 2 cups apple cider or juice
- ½ cup water
- 2 tablespoons vinegar
- 4 carrots, quartered
- 3 potatoes, quartered
- 2 onions, sliced
- 1 stalk celery, sliced
- 1 apple, cored and chopped

1. Trim roast; cut into 1-inch cubes. In plastic bag, combine flour, salt, pepper, and thyme. Add meat cubes, a few at a time, shaking to coat. Place coated cubes on waxed paper.
2. In Dutch oven or large pot, heat oil over medium heat; do not allow oil to smoke. Add about 1/3 of the meat cubes, turning to brown evenly on all sides. Repeat with remaining meat cubes.
3. Return all meat to pot. Add apple cider, water, and vinegar. Cook and stir until mixture comes to a boil.
4. Cover; reduce heat and simmer 2 ½ hours or until meat is nearly tender. Check occasionally and add more liquid if necessary.
5. Add carrots, potatoes, onion, celery, and apple. Cover and continue cooking for 30 minutes more or until vegetables and meat are tender. Makes 6 to 8 servings.

### Nutrition Facts

Serving Size: 1 cup (529g)

Servings: 6



Amount Per Serving

Calories 520      Calories from Fat 130

**% Daily Value\***

**Total Fat** 14g      **22%**

Saturated Fat 6g      **29%**

Trans Fat 0g

**Cholesterol** 120mg      **40%**

**Sodium** 1120mg      **47%**

**Total Carbohydrate** 44g      **15%**

Dietary Fiber 5g      **21%**

Sugars 8g

**Protein** 52g

Vitamin A 120%      ■      Vitamin C 100%

Calcium 4%      ■      Iron 30%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences  
Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.