

LUNCH OR DINNER — MAIN DISH

Beef Stew

Makes 8 servings · ~1 cup stew over ½ cup brown rice

SATIETY SCORE	NUTRITION
● ● ● ● ● 5 / 5	MEDIUM
Per serving (approx.): Protein 30 g · Fiber 4 g · Calories 380	

Ingredients

- 6 large potatoes, cut into 2-inch pieces
- 6 large carrots, cut into 2-inch pieces
- 3 lb lean grass-fed and grass-finished stew beef
- ¼–½ cup soy sauce
- 1 tsp paprika
- ½ tsp pepper
- 3 Tbsp flour
- 1 onion, coarsely chopped
- 1 can beef broth
- 1 can (8 oz) tomato sauce
- 1 cup water
- 4 cups cooked brown rice (for serving)

Directions

1. Layer the potatoes and carrots in the bottom of a Dutch oven and top with the beef.
2. Pour the soy sauce over the meat and add the paprika, pepper, and flour; add the onion.
3. Combine the beef broth, tomato sauce, and water; pour over everything.
4. Cover and bake at 250°F for 4–6 hours (or use a slow cooker on low for 6–8 hours).
5. Serve over the brown rice.

Note: Use grass-fed and grass-finished beef when you can. Compared with grain-fed, it carries more omega-3 fats and CLA, a better omega-6-to-3 balance, and more vitamin E and beta-carotene. Read the label — “grass-fed” alone can still mean grain-finished, so look for “grass-fed and finished” or “100% grass-fed.” It’s a nice upgrade, though it’s still red meat, so keep beef an occasional choice (its nutrient-density rating stays Medium).

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the *Body for God Cookbook* by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 6 large potatoes 2-inch pieces
- ☐ 6 large carrots 2-inch pieces
- ☐ 1 onion

MEAT & POULTRY

- ☐ 3 lb lean grass-fed and grass-finished stew beef

PANTRY & DRY GOODS

- ☐ ¼–⅓ cup soy sauce
- ☐ ½ tsp pepper
- ☐ 3 Tbsp flour
- ☐ 1 can beef broth
- ☐ 1 can (8 oz) tomato sauce
- ☐ 4 cups cooked brown rice

CHECK YOUR PANTRY

- ☐ Paprika