

## Beef Stew with White Beans (from <http://mybizzykitchen.com>)

Serving Size: 1 Cup = 5 Points Plus

244 calories, 6.4 fat, 15.5 carbs, 3.5 fiber and 20.5 protein

### Ingredients:

- 2 pound eye round roast, cut into bite size chunks
- ¼ cup flour
- 3 tablespoons olive oil
- 2 large carrots, diced
- 2 stalks celery, diced
- 3 cloves minced garlic
- 1 tablespoon thyme
- 1 cup red wine
- 2 cups beef broth
- 1, 14 oz. can diced tomatoes
- 1 cup sliced mushrooms
- 2 cups canned white beans
- 2 large potatoes, peeled and cut into chunks

Heat one tablespoon olive oil in large stock pot and heat over medium-high heat. Toss the chopped meat in the flour.

Brown in three batches, adding an additional tablespoon of olive oil for each batch. Remove meat. Add celery, garlic, and mushrooms, and using a wooden spoon, scrape off all the bits from the bottom of the pot. Add the wine. Let simmer for 5 minutes. Add diced tomatoes and cook over medium heat for about 10 minutes, until all the veggies are soft. Using a stick blender, puree the mixture.

Add in the beef broth, browned beef, carrots, potatoes and beans and simmer for two hours, until beef is tender.