

# Easy Beef Stew

(SERVES 10–12)

This quick stew is comfort food in the fall and winter months. A green salad and a whole wheat bun make this stew part of a nutritious dinner.

Leftover stew is best stored in an airtight container in the refrigerator for up to 3 days. This recipe freezes well in freezer containers for several months.

**all-purpose cooking spray**

**3 lbs top sirloin roast, cut into 1-inch cubes**

**½ cup all-purpose flour**

**salt, to taste**

**freshly ground black pepper, to taste**

**1 × 28 oz/796 mL can sliced stewed tomatoes (antioxidant)**

**1 × 10 oz/284 mL can condensed beef consommé**

**½ cup water**

**6 medium carrots, cut into 1-inch chunks (antioxidant)**

**4 medium potatoes, peeled and cut into 1-inch chunks (antioxidant)**

**1 teaspoon dried thyme**

1. Spray the bottom of a large pot with all-purpose cooking spray.
2. Toss and coat meat in flour.
3. Brown meat mixture over medium heat.
4. Season with salt and pepper.
5. Stir in remaining ingredients and bring to a boil. Reduce heat to medium-low, cover and simmer for 1 hour.



# Hungarian Goulash

(SERVES 8–10)

This was Jeff's favourite goulash, especially when served with a chunk of freshly-baked whole wheat bread. It is loaded with antioxidants, but this spicy recipe is more suitable between cancer treatments.

Leftover goulash is best stored in an airtight container in the refrigerator for up to 3 days. This recipe freezes well in freezer containers for several months.

- 1 tablespoon extra virgin olive oil (antioxidant)**
- 1 large onion, chopped (antioxidant)**
- 2 cloves garlic, peeled and minced (antioxidant) (or substitute ½ teaspoon garlic powder)**
- 4½ tablespoons Hungarian paprika**
- 2½ lbs lean beef sirloin, cut into 1-inch cubes**
- 4 cups chicken broth**
- salt, to taste**
- freshly ground black pepper, to taste**
- 4–5 large russet potatoes, peeled and cut into 1½-inch cubes (antioxidant)**
- 4 large tomatoes, cut into chunks (antioxidant)**
- 2 medium green bell peppers, seeded and cut into chunks (antioxidant)**
- 1 teaspoon dried marjoram leaves**

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic. Sauté until softened. Remove from heat.
3. Stir in paprika.
4. Return to heat and add beef, broth, salt and pepper. Bring to a boil. Reduce heat to medium-low and simmer, covered, about 1 hour.
5. Add potatoes, tomatoes, green peppers and marjoram. Cook another 1¾ hours.

