

NAME: *Cranberry Beef Stew*

DATE: *26 October 2016*

Tools I used to make this recipe: Crockpot,

Yield: Serves 6

Prep Time: 30 minutes

Cook Time: 6 hours

Total Time: 6 hours 30 minutes

Ingredients:

- 1 lb. beef stew meat, cut into 1-inch chunks
- 1 cup whole berry cranberry sauce
- 1 cup chopped onions
- 3 garlic cloves, minced
- 1 cup chopped celery
- 2 cups red potatoes peeled (optional) and cut into cubes
- 2 cups beef broth
- 1 cup collard greens (de-ribbed and cut into thin strips)
- 1 tsp seasalt
- 1/2 tsp black pepper
- 1 bay leaf
- 1 cup chopped carrots
- 1/2 cup whole cranberries

Directions:

1. Combine all ingredients except green into crockpot. Cook on low for 6 hours.
2. Turn off the heat and remove bay leaf. Stir in washed and chopped greens. Put the lid back on the crockpot and let stew rest for 10 minutes. Serve warm.

Totals:

Calories– 330

Fat– 7g

Saturated fat– 2.5g

Carbs– 37g

Fiber– 5g

Protein– 30g

Sodium– 650mg

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