

Beef Stew with Fresh Mango

Fresh mango and cilantro add the perfect balance to this beef stew with its full-flavored complements of Worcestershire sauce, chili powder, and just a bit of cinnamon. Serving it over whole-wheat couscous is an easy way to boost your fiber intake.

Slow Cooker Size/Shape: 5- to 7-quart round or oval

Slow Cooking Time: 8 to 9 hours on low, **OR** 5 to 5 1/2 hours on high

Ingredients

 **Servings** 6 **Serving Size** 1 cup stew and 1/2 cup couscous

Stew Ingredients

- 1 1/2 pounds lean stew meat (1-inch cubes), all visible fat discarded
- 2 14.5-ounce cans no-salt-added diced tomatoes, drained
- 1 medium onion (cut into 6 wedges)
- 1 large red bell pepper, cut lengthwise into 1/2-inch strips
- 2 tablespoons Worcestershire sauce (lowest sodium available)
- 1 tablespoon chili powder
- 2 medium garlic cloves (minced)
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

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1 cup uncooked, whole-wheat couscous

1 1/2 cups fat-free, low-sodium beef broth (or)


OR

1 1/2 cups fat-free, low-sodium vegetable broth

1 medium mango (cut into bite-size pieces)

1/2 cup chopped, fresh cilantro

Directions

 **Tip:** Click on step to mark as complete.

In the slow cooker, stir together the beef, tomatoes, onion, bell pepper, Worcestershire sauce, chili powder, garlic, cinnamon, salt, and pepper. Cook, covered, on low for 8 to 9 hours or on high for 5 to 5 1/2 hours, or until the beef is tender.

About 10 minutes before serving time, prepare the couscous using the package directions, omitting the salt and substituting the broth for the water. Spoon into bowls. Ladle the stew onto the couscous. Top with the mango and cilantro.

Cooking Tip: If you have any stew and couscous left over, make tacos! Combine the stew and couscous, warm the mixture in the microwave, spoon onto warmed corn tortillas, and top each with a dollop of fat-free sour cream and a little shredded low-fat Cheddar cheese. Roll up jelly-roll style or eat using a knife and fork.



Calories

395 Per Serving



Protein

30g Per Serving



Fiber

8g Per Serving

Nutrition Facts

Calories	395
Total Fat	9.0 g
Saturated Fat	3.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.5 g
Cholesterol	71 mg
Sodium	224 mg
Total Carbohydrate	50 g
Dietary Fiber	8 g
Sugars	15 g
Protein	30 g

Dietary Exchanges

2 starch, 2 vegetable, 1/2 fruit, 3 lean meat

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