Beef Cacciatore

A traditional hunter's-style stew, this cacciatore is made with fork-tender beef, vegetables and a red sauce. Serve it on a bed of pasta for a hearty dish.

2.75 Hours	4 Servings	42 Cal	47g Protein

INGREDIENTS

1 beef Chuck Steak, cut 1 inch thick (about 2 pounds)

4 teaspoons vegetable or olive oil

1/4 teaspoon salt

1 package (12 ounces) frozen vegetable seasoning blend (such as onion, bell pepper, celery, parsley) - Three cups of a mixture of chopped onion, green bell pepper, celery and parsley may be substituted for frozen vegetable seasoning blend.

2 cups prepared red wine pasta sauce or marinara sauce

3/4 cup water

8 ounces button mushrooms, cut in half (cut into quarters if large)

Salt and pepper

Hot cooked pasta (optional)

COOKING

1. Heat 2 teaspoons oil in stockpot over medium heat until hot. Place beef Chuck Steak in stockpot; brown evenly. Remove steak from stockpot; season with 1/4 teaspoon salt.

2. Heat remaining 2 teaspoons oil in stockpot. Add vegetable seasoning blend; cook and stir 6 to 7 minutes or until vegetables are tender. Stir in pasta sauce and water. Return steak with juices to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 to 2 hours or until steak is fork-tender.

3. Remove steak; keep warm. Add mushrooms to cooking liquid; bring to a boil. Reduce heat to medium; simmer, uncovered, 20 minutes or until mushrooms are tender and sauce is thickened to desired consistency, stirring occasionally.

4. Meanwhile carve steak into thin strips. Add to sauce; cook until heated through. Season with salt and pepper, as desired. Serve over pasta, if desired.

NUTRITION

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Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		25g	135mg		24g	47g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com

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