

Devin Alexander

www.devinalexander.com



Photo: Mitch Mandel

Mom's New Beef Stew

From "The Biggest Loser Cookbook"

Don't worry, this stew isn't for only moms, but it's sure to taste as good as the one you grew up with. This is a great recipe for a Sunday afternoon while you're home doing the laundry. You'll have a great dinner and plenty of leftovers, which are just as good, if not better.

- 1 tablespoon whole-grain oat flour
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt, plus more to taste
- Pinch of ground black pepper, plus more to taste
- 1 pound top round steak, cut into 1" cubes
- 2 teaspoons extra-virgin olive oil
- 8 ounces button mushrooms, each halved
- 1 onion, cut into bite-size pieces
- 1 tablespoon minced garlic
- 1 teaspoon dried thyme
- 2 cans (14 ounces each) lower-sodium, fat-free beef broth
- 2 large carrots, peeled and cut into bite-size pieces
- 1 pound sweet potatoes, peeled and cut into 1" cubes

In a medium resealable plastic bag, combine the flour, garlic powder, salt, and pepper. Add the beef and shake the bag until all the cubes are coated. Refrigerate for at least 15 minutes.

Set a large nonstick soup pot over medium-high heat until it is hot enough for a spritz of water to sizzle on it. Add the oil. Add the reserved beef cubes to the pot in a single layer. Cook for about 1 minute per side, or until browned. Reduce the heat to medium. Add the mushrooms, onion, garlic, and thyme. Cook, stirring occasionally with a wooden spoon and scraping any browned bits from the pan bottom, for about 10 minutes, or until the onion is tender.

Add the broth and carrots. Increase the heat to high. When the broth comes to a boil, reduce the heat to low so the mixture simmers gently.

Cover and cook for 45 minutes.

Add the potatoes. Cook for 45 minutes, or until the beef is fork tender.

Season with additional salt and pepper. Serve immediately.

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Makes 4 (2-1/4-cup) servings

Per serving: 275 calories, 31 g protein, 29 g carbohydrates, 6 g fat (2 g saturated), 50 mg cholesterol, 6 g fiber, 583 mg sodium

Somewhere between 1 1/2 and 2 hours of simmering, the meat will become extremely tender. If it is still tough, simmer it a bit longer.

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