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21 Day Fix Extreme Beef Stew



I think that I could honestly eat this every single day! It's by far one of my favorite recipes!!! It's straight from the 21 Day Fix Extreme booklet. Both my husband and I absolutely love this!

It is a green container and a red container and it feels like a hearty filling meal.

It makes 6 servings, approximately 1 1/4 cups each.

Ingredients

1 tsp. olive oil

1 1/2 lbs raw lean beef stew meat, boneless, cut into 2 inch cubes

1 medium onion, chopped

1/2 green bell pepper, chopped

1/2 red bell pepper, chopped

4 cloves of garlic, crushed

2 medium tomatoes, chopped

1 cup low sodium organic beef broth

1 bay leaf

1 tsp. sea salt

1 tsp. ground black pepper

2 cups cubed butternut squash

1/4 cup chopped fresh flat leaf parsley

Directions

Heat oil in large saucepan over medium high heat. Add beef, cook, stirring frequently, for 4 to 5 minutes, or until beef is brown. Add onion and bell peppers; cook stirring frequently for 4 to 5 minutes, or until onion is translucent. Add garlic, cook stirring frequently for 1 minute. Add tomatoes, broth, bay leaf, salt, and pepper. Bring to a boil. Reduce heat to medium - low, cook, covered for 40 minutes. Add squash, cook stirring for 8 to 12 minutes occasionally or until the sauce thickens and beef is fork tender. Remove the bay leaf, top with parsley and serve. I actually make extra and have for the next few days for lunch! The squash should be soft when poked with a fork.