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Winter Beef Stew

Ingredients

- 1 tablespoon oil, canola
- 1 cup(s) onion(s), chopped
- 3 clove(s) garlic, minced
- 2 carrot(s), cut into 1-inch slices
- 1 1/2 pounds beef, stew meat, lean, cut into 1-inch cubes
- 3 cup(s) broth, beef, low-fat, low-sodium
- 1 teaspoon paprika
- 3/4 cup(s) apple(s), unpeeled, chopped into 1-inch pieces
- 3/4 cup(s) pear(s), unpeeled, chopped into 1-inch pieces

Preparation

1. Heat the oil in a large stockpot over medium-high heat. Add the onion and garlic and sauté for 5 minutes. Add the carrots and sauté for another 5 minutes. Add the meat and brown. Drain off any accumulated fat. Add the broth, paprika, pepper, and salt.

2. Bring to a boil over high heat. Reduce the heat and simmer, uncovered, for 1 1/4 hours. Add the apples and pears and cover. Cook over low heat for 15 to 20 minutes until the apples and pears are soft, but not mushy.