

BEEF, BEAN AND SPINACH RAGOÛT

Total preparation and cooking time: 2 to 2-1/2 hours

- 2 pounds beef for stew, cut into 1-inch pieces**
- 1 tablespoon vegetable oil**
- 1 can (15 ounces) Great Northern beans, undrained**
- 1 can (14-1/2 ounces) Italian-style diced tomatoes, undrained**
- 1 pound Swiss chard, cut lengthwise in half, then crosswise into 1-inch pieces (about 10 cups)**
- 2 tablespoons shredded Parmesan cheese**

1. Heat oil in large stockpot over medium heat until hot. Brown 1/2 of beef; remove from stockpot. Repeat with remaining beef. Season with salt, as desired.
2. Pour off drippings; return beef to stockpot. Add beans and tomatoes; bring to a boil. Reduce heat; cover tightly and simmer 1-1/4 hours. Stir in Swiss chard; return to a boil. Reduce heat; continue simmering, covered, 30 to 60 minutes or until beef is fork-tender.
3. Season with salt and pepper, as desired. Sprinkle with cheese.

Makes 4 to 6 servings.

Cook's Tip: One 9 ounce package baby spinach may be substituted for Swiss chard. Simmer beef mixture, covered, 1-3/4 to 2-1/4 hours or until beef is fork-tender. Stir in spinach; continue cooking 5 minutes or until spinach is tender.

Nutrition information per serving (1/4 of recipe): 397 calories; 15 g fat (5 g saturated fat; 4 g monounsaturated fat); 93 mg cholesterol; 1268 mg sodium; 30 g carbohydrate; 7.9 g fiber; 42 g protein; 4.7 mg niacin; 0.5 mg vitamin B₆; 2.8 mcg vitamin B₁₂; 8.0 mg iron; 24.3 mcg selenium; 7.7 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

Nutrition information per serving (1/6 of recipe): 264 calories; 10 g fat (3 g saturated fat; 3 g monounsaturated fat); 62 mg cholesterol; 845 mg sodium; 20 g carbohydrate; 5.2 g fiber; 28 g protein; 3.1 mg niacin; 0.3 mg vitamin B₆; 1.9 mcg vitamin B₁₂; 5.3 mg iron; 16.2 mcg selenium; 5.1 mg zinc.

This recipe is an excellent source of fiber, protein, vitamin B₁₂, iron, selenium and zinc; and a good source of niacin and vitamin B₆.