

BEEF & BEETS

Time: 50 minutes

Serves: 4

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 pound stewing beef – diced to ½"
- 1 tablespoon kosher salt
- 1 teaspoon fresh ground black pepper
- 3 cups beets – peeled and coarsely grated
- 3 cups cabbage – shredded
- 2 medium carrots – peeled and coarsely grated
- 1 large onion – coarsely grated
- 4 cups chicken stock
- ½ cup fresh dill – chopped
- 1 tablespoon red wine vinegar

Preparation:

Place a large pot containing the olive oil on medium-high heat.

Toss the beef with 1½ teaspoons of the salt and all of the pepper. Add the beef to the pot and stir occasionally for five minutes.

Add the beets, cabbage, carrots and onion, stirring occasionally for five minutes.

Stir in the stock, dill and remaining salt. Turn the heat to high and bring to a boil, then reduce to simmer covered for thirty minutes.

Remove from heat, stir in vinegar and serve immediately.

Nutritional Information Per Serving:

- Calories: 299
- Fat: 9g
- Carbs: 28g
- Fibre: 8g
- Protein: 29g