

Spiced Beef Stew with Carrots and Mint

Bon Appétit | March 2007

This North African-inspired stew is good over couscous with a little lemon juice and chopped mint. Because it's made with beef tenderloin, it's ready in minutes instead of hours.

Yield: Makes 2 servings

ingredients

2 tablespoons olive oil, divided
12 ounces beef tenderloin, cut into 1-inch cubes
1 cup sliced shallots (about 3 large)
8 ounces peeled baby carrots
2 teaspoons ground cumin
1 1/2 teaspoons pumpkin pie spice
1/8 teaspoon cayenne pepper
1 tablespoon all purpose flour
2 1/2 cups beef broth
1/3 cup chopped fresh mint, divided

preparation

Heat 1 tablespoon oil in large nonstick skillet over high heat. Sprinkle beef with salt and pepper. Add beef to skillet and sauté until cooked to desired doneness, about 2 minutes for medium-rare. Using slotted spoon, transfer beef to bowl. Add remaining 1 tablespoon oil to skillet. Add shallots and carrots and sauté until golden, about 3 minutes. Add all spices; stir 30 seconds. Sprinkle flour over; stir 30 seconds. Stir in broth and bring to boil. Reduce heat to medium; simmer until carrots are just tender, about 8 minutes. Return beef to skillet; cook until sauce thickens slightly, about 1 minute. Season stew to taste with salt and pepper. Stir in 1/4 cup chopped mint. Transfer stew to bowls. Sprinkle with remaining chopped mint and serve.

nutritional information

One serving contains the following: 568.44 calories (kcal), 57.5% calories from fat, 36.33 g fat, 10.34 g saturated fat, 110.53 mg cholesterol, 19.64 g carbohydrates, 5.68 g dietary fiber, 8.07 g total sugars, 13.96 g net carbs, 37.16 g protein.

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