



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Stew on this...



Cabbage is rich in vitamins C & K, and a source of fiber.

As part of the cruciferous family

(like broccoli, cauliflower and brussels sprouts), nutrients in cabbage may help with heart and digestive health.

Plus, their antioxidants may reduce inflammation and help boost immunity. While cabbage is popular for St. Patrick's Day, it's a superfood that should be enjoyed year-round.

If you take blood thinner medication, consult your doctor before increasing your intake of Vitamin K-rich foods.



Stews offer a warm, comforting way to add more vegetables. The potatoes and cabbage make this Irish stew a heart-healthy addition to any menu!



Irish Stout Beef Stew

Ingredients:

- 3 Tbsps. olive oil, divided
- 2-1/2 lbs. boneless beef chuck roast, cubed
- 2 tsp. Kosher salt, divided
- 1/2 tsp. ground black pepper
- 1 medium yellow onion, sliced
- 2 garlic cloves, minced
- 1/4 cup all-purpose flour
- 2 bottles (11.2 oz) Irish draught stout
- 3 cups lower sodium beef broth
- 6 medium red potatoes, diced
- 3 thyme sprigs
- 2 carrots, diced
- 2 cups green cabbage, sliced



Directions:

1. In a large saucepan, heat 2 Tbsps. oil over medium-high heat. Add beef, 1 tsp. of salt and ground pepper. Cook for 5 minutes or until beef is browned. Remove beef cubes to a bowl and set aside.
2. Add 1 Tbsp. of oil into the saucepan. Add onion and cook for 5 minutes until the onion begins to soften. Add garlic and cook for 1 minute. Stir in flour and cook for 1 minute. Then, add the stout. Cook for 2 minutes, scraping the bottom of the saucepan.
3. Add red potatoes, thyme, carrots, and beef broth. Return beef cubes to the saucepan. Cover and cook for 1 hour, stirring occasionally.
4. Uncover the saucepan and cook for 20 minutes. Add cabbage plus 1 Tbsp. of salt. Continue cooking for an additional 25 minutes or until the beef and vegetables are tender. Remove thyme sprigs and serve.

Recipe and image courtesy of InSeasonezine.com.