

ITALIAN VEAL AND PEPPER STEW

Total preparation and cooking time: 1 ½ hours (Makes 4 servings)

Ingredients:

1 ½ lb.	Veal for stew, cut into 1 ½ inch pieces
¼ cup	All-purpose flour
½ tsp.	Salt
¼ tsp.	Pepper
2 tbsp.	Olive oil
1 can (14 ½ oz.)	Diced Italian-style tomatoes, un-drained
¾ cup	Ready-to-serve chicken broth
2	Cloves garlic, minced
2	Medium green bell peppers cut into thin strips
To taste	Hot cooked long grain brown rice
To taste	Grated Parmesan cheese

Instructions:

1. Combine flour, salt and pepper. Lightly coat veal with seasoned flour; reserve remaining flour. Heat oil in Dutch oven over medium heat until hot. Brown ½ of veal; remove from Dutch oven. Brown remaining veal and remove.
2. Stir tomatoes, broth, garlic and reserved flour mixture into Dutch oven. Return veal to Dutch oven; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes. Add bell peppers; continue cooking, covered, 30 minutes or until veal and peppers are tender.
3. Prepare according to package directions. For best results, substitute low-sodium chicken broth for the water.
4. Serve stew over rice; sprinkle with cheese, as desired.