

SAVORY VEAL STEW

Ingredients:

2 ½ lb.	Veal for stew (cut into 1-inch pieces)
⅓ cup	All-purpose flour
½ tsp.	Salt
½ tsp.	Black pepper
3 tbsp.	Olive oil
1	Large onion (coarsely chopped)
3	Large cloves garlic (minced)
1 can	Ready-to-serve chicken broth (13 ¾ to 14 ½ oz.)
2 tsp.	Dried thyme leaves
1 lb.	Baby carrots
1 lb.	Small new red-skinned potatoes (halved)
1 cup	Frozen peas

Instructions:

1. Combine flour, salt and pepper. Lightly coat veal with flour mixture. Heat oil in Dutch oven over medium heat until hot. Brown veal, ½ at a time; remove from Dutch oven.
2. Add onion and garlic to Dutch oven; cook and stir 1 minute. Add veal, broth and thyme; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes.
3. Add carrots and potatoes; continue cooking, covered, 30 minutes or until veal and vegetables are fork-tender. Skim fat. Stir in peas; heat through
4. This recipe is an excellent source of protein and niacin; and a good source of vitamin B6, vitamin B12, selenium and zinc.