

### **Autumn Beef and Cider Stew**

**Cut:** Stew Meat

**Preparation Time:** 20 Minutes

**Cook Time:** 2-1/4 Hours



#### **Main Ingredients:**

2 pounds beef for stew, cut into 1 to 1-1/2-inch pieces  
2 slices bacon, cut into 1/2-inch pieces  
1 teaspoon salt  
1/2 teaspoon pepper  
1 can (10-1/2 ounces) condensed French onion soup  
1 cup apple cider  
1 pound sweet potatoes, peeled, cut into 1-inch pieces (about 3 cups)  
1/3 cup sweetened dried cranberries

#### **Directions:**

1. Cook bacon in stockpot over medium heat until crisp; remove with slotted spoon to paper-towel-lined plate. Brown 1/2 of beef in bacon drippings over medium heat; remove from stockpot. Repeat with remaining beef; season with salt and pepper.
2. Return beef and bacon to stockpot. Add soup and cider; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 hours.
3. Add sweet potatoes and cranberries to stockpot; bring to a boil. Reduce heat; continue simmering, covered, 20 to 30 minutes or until beef and potatoes are fork-tender. Makes 4 to 6 servings.

#### **Recipe Notes:**

Nutrition information per serving (1/6 of recipe): 288 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 65 mg cholesterol; 923 mg sodium; 29 g carbohydrate; 3.1 g fiber; 24 g protein; 3.5 mg niacin; 0.4 mg vitamin B6; 1.9 mcg vitamin B12; 2.7 mg iron; 16.9 mcg selenium; 5.1 mg zinc.

*Courtesy of the Wisconsin Beef Council*