



# Beef Stew Mexican Style

## INGREDIENTS:

- 3 lb boneless beef round or chuck, cut into 1 inch pieces
- fc 3 tbsp vegetable oil
- fc Salt and black pepper to taste
- fc 1 (10.75 oz) can beef broth
- fc 1 (15 oz) can crushed tomatoes
  - 1 cup sliced mushrooms
  - 2 zucchini, cut into 3/4 inch pieces
- fc 1 (15 oz) can black beans, rinsed and drained
- fc 1 (10 oz) package frozen corn
  - 2 tbsp water
- fc 1 (14.5 oz) can diced tomatoes Mexican style
- fc Chopped fresh cilantro



## INSTRUCTIONS:

Heat oil in a dutch oven over medium heat. Add 1/2 of beef and brown on all sides; remove from dutch oven. Repeat with second half of meat. Pour off excess fat and return beef to pan. Season with salt and black pepper. Add broth and crushed tomatoes. Reduce heat, cover and simmer for 1-1/2 hour. Stir in mushrooms, zucchini, beans and corn; continue cooking, covered for an additional 15 to 20 minutes or until beef fork is tender. Stir in cornstarch mixture; cook and stir until thick and bubbly. Top with diced tomatoes and cilantro.