

# Savory Vegetable Beef Stew

Yield: 12 min  
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-onion-italian-dressing-recipe>

## Ingredients:

- 3 pounds beef stew meat cut into 1-inch pieces
- 1/3 cup italian salad dressing
- 2 cups water
- 2 teaspoons beef bouillon granules
- 14 1/2 ounces diced tomatoes undrained
- 10 1/2 ounces beef broth condensed
- 8 ounces tomato sauce
- 1 clove garlic minced
- 1 bay leaf
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 6 potatoes small, quartered
- 6 carrots cut into 1-inch pieces
- 1 green bell pepper cut into 1/2-inch dice
- 1 onion chopped
- 3 tablespoons all-purpose flour
- 3 tablespoons cold water

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 28 grams
3. Fat: 2.5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 490 milligrams
7. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Savory Vegetable Beef Stew above. You can see more 16 tomato onion italian dressing recipe You must try them! to get more great cooking ideas.