

Beef Butternut-Squash Stew

Ingredients:

- 1 lb beef chuck tender steak or beef shoulder roast (trimmed and cut into 1-inch cubes)
- 2 tsp. paprika
- 1 tsp. ground cinnamon
- 1/2 tsp. salt
- 1/2 tsp. ground ginger
- 1/8 tsp. crushed red pepper
- 1/4 tsp. black pepper
- 1 tsp. onion powder
- 3 garlic cloves, chopped fine
- 1 Tbs olive oil
- 1/2 cup chicken broth
- 1, 14.5 oz. can diced tomatoes
- 3 cups (1-inch) cubed peeled butternut squash
- 2 Tbs flour

Place beef in bowl. Add paprika, cinnamon, salt, ginger, red pepper, black pepper, and onion powder. Toss well to coat. Heat olive oil in a Dutch oven over medium-high heat. Add beef, cook 5 to 6 minutes or until browned, stirring occasionally. Add garlic and cook 1 minute. Stir in broth and tomatoes. Bring to boil and cook 5 minutes. Add squash and flour; cover, reduce heat, and simmer 15 minutes or until squash is tender. Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon." - Doug Larson