

## Savory Beef and Onions

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2	med	onion thinly sliced	¼	tsp	thyme
3	tbsp	vegetable oil	2	cups	Beef broth
1 ½	lbs	lean beef stew meat, cut into 1/2" chunks	2	tbsp	vinegar
3	tbsp	flour	1	tbsp	ketchup
1	tsp	salt	2	cups	cooked rice
½	tsp	pepper			

- Heat oil in a large skillet over medium heat. Add onion and fry until browned. Add beef; turn heat to medium-high and fry until browned. Mix flour with the salt, pepper and thyme; sprinkle over the beef. Add broth, vinegar and ketchup. Stir to blend ingredients. Reduce heat, cover and simmer for about 90 minutes, or until meat is tender. Stir occasionally.
- Prepare rice according to package instructions, timing to be ready when beef mixture is done.

Servings: 8

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 1 hour and 30 minutes

### Degree of Difficulty

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Degree of Difficulty: Easy

### Nutrition Facts

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Serving size: ⅛ of a recipe (8.1 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	267.98
Calories From Fat (42%)	112.49
	% Daily Value
<b>Total Fat</b> 12.62g	<b>19%</b>
Saturated Fat 3.43g	<b>17%</b>
<b>Cholesterol</b> 34.87mg	<b>12%</b>
<b>Sodium</b> 554.89mg	<b>23%</b>
<b>Potassium</b> 387.63mg	<b>11%</b>
<b>Total Carbohydrates</b> 17.05g	<b>6%</b>
Fiber 0.81g	<b>3%</b>
Sugar 1.75g	
<b>Protein</b> 20.48g	<b>41%</b>
MyPoints 6.25	

Recipe Type: Main Dish, Meat