



Beef and Root Vegetable Puree

Prep: 5 minutes | Cook: 25 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: 1¾ cups

Ingredients

4 ounces beef stew meat, cut into 1-inch chunks (about ½ cup)

1 large carrot, peeled if desired, chopped into ½-inch pieces (about 1 cup)

1 medium (8- to 10-ounce) sweet potato, peeled and chopped (about 1½ cups)

2 cups (16 ounces) reduced-sodium beef broth

Water, as needed

Directions

1. Add the beef, carrot, sweet potato, and broth to a medium saucepan.
2. Bring to a boil over high heat, then reduce the heat to maintain a gentle simmer.
3. Cover the pan with a lid and cook until the vegetables are tender, about 20-25 minutes. Halfway through the cooking time, check to make sure the vegetables are still covered by broth. If not, add enough water to cover them.
4. Blend until completely smooth with an immersion (handheld) blender or transfer to a standing blender, with the center piece of the lid removed and covered with a hand towel or folded-up paper towel.
5. If the puree is too thick, add an additional 1-3 tablespoons of water or broth and continue blending.
6. Serve warm.

Recipe Notes

- Add more flavor with dried herbs or spices. Salt can be added to adjust the seasoning, if needed.
- This puree can be kept in the refrigerator for up to 4 days, or in the freezer for up to 3 months.
- Another broth can be used in place of the beef broth, if desired. Look for low-sodium if you need to limit sodium.

**Nutrition Facts Per Serving: Calories: 255 | Total Fat: 3.5 g | Saturated Fat: 1.5 g
Sodium: 490 mg | Total Carbohydrate: 33.5 g | Dietary Fiber: 5.5 g | Protein: 21 g**

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