



BEEF TAGINE with BUTTERNUT SQUASH

Final Lifestyle

Ingredients

2 TSP paprika
1 TSP ground cinnamon
3/4 TSP salt
1/2 TSP ground ginger
1/2 TSP crushed red pepper
1/4 TSP freshly ground black pepper
1 (1-pound) beef shoulder roast or petite tender roast, trimmed and cut into 1-inch cubes
1 TBS olive oil
4 shallots, quartered
4 garlic cloves, chopped
1/2 cup fat-free, lower-sodium chicken broth
1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
3 cups (1-inch) cubed peeled butternut squash (about 1 pound)
1/4 cup chopped fresh cilantro

Instructions

1. Combine first 6 ingredients in a medium bowl. Add beef; toss well to coat.
2. Heat oil in a Dutch oven over medium-high heat. Add beef and shallots; cook 4 minutes or until browned, stirring occasionally.
3. Add garlic; cook 1 minute, stirring frequently. Stir in broth and tomatoes; bring to a boil. Cook 5 minutes.
4. Add squash; cover, reduce heat, and simmer 15 minutes or until squash is tender. Sprinkle with cilantro.

Portion-Per-Serving Information (Yields 4 servings): 1 serving = 1-1/2 cups = 1 P, 1 V