

Mediterranean Beef with Mixed Olives and Feta

Total Recipe Time: on LOW setting: 8-1/4 to 9-1/4 hours; on HIGH setting: 5-1/4 to 6-1/4 hours

2 pounds beef Stew Meat, cut into 1/2 to 3/4-inch pieces
2 cans (14-1/2 to 15 ounces each) chili-seasoned diced tomatoes, undrained
1 cup assorted olives, pitted, cut in half
1/2 teaspoon salt
1/4 teaspoon black pepper
Cooked basmati rice
1/2 cup crumbled feta cheese



1. Place beef, tomatoes and olives in 3-1/2 to 5-1/2-quart slow cooker. Cover and cook on LOW 8 to 9 hours, or on HIGH 5 to 6 hours, or until beef is fork-tender. (No stirring is necessary during cooking.) Season with salt and pepper.
2. Serve over rice, as desired. Sprinkle with cheese.

Makes 4 to 6 servings

Cook's Tip: For more Mediterranean flavor, add grated lemon peel to the cooked basmati rice.

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Nutrition information per serving (1/4 of recipe): 378 calories; 19 g fat (7 g saturated fat; 5 g monounsaturated fat); 108 mg cholesterol; 2014 mg sodium; 14 g carbohydrate; 36 g protein; 4.4 mg niacin; 0.5 mg vitamin B₆; 3.1 mcg vitamin B₁₂; 3.3 mg iron; 25.5 mcg selenium; 7.8 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

Nutrition information per serving (1/6 of recipe): 252 calories; 12 g fat (4 g saturated fat; 3 g monounsaturated fat); 72 mg cholesterol; 1343 mg sodium; 9 g carbohydrate; 0 g fiber; 24 g protein; 3 mg niacin; 0.3 mg vitamin B₆; 2.1 mcg vitamin B₁₂; 2.2 mg iron; 17 mcg selenium; 5.2 mg zinc.

This recipe is an excellent source of protein, vitamin B₁₂, selenium and zinc; and a good source of niacin, vitamin B₆ and iron.

Recipe Photo Options

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