

YIELD: 4 SERVINGS

LEFTOVER ROAST BEEF STEW

prep time: 15 MINUTES cook time: 1 HOUR 5 MINUTES total time: 1 HOUR 20 MINUTES

Leftover Roast Beef Stew is delicious idea for a low-carb dinner when you're lucky enough to have leftover roast beef!

INGREDIENTS

- 1 small onion, chopped
- 1 green pepper, chopped
- 1 T olive oil
- 1 lb. leftover roast beef (see notes)
- two 14 oz. cans beef broth (see notes)
- one 14.5 oz. can diced tomatoes
- 2 tsp. dried oregano
- 2 tsp. dried basil
- 8 oz. mushrooms, cut in thick slices
- 3-4 T chopped fresh basil (see notes)
- salt and fresh-ground black pepper to taste

INSTRUCTIONS

1. Cut up onion and bell pepper into 3/4 inch pieces.
2. Cut up leftover roast beef into large bite-sized pieces, about 1 1/2 inches square.
3. Wash mushrooms if needed and thickly slice. (Or you can use pre-sliced mushrooms like I did, which makes it easy.)
4. Heat olive oil in dutch oven or large frying pan with high sides over medium-high heat, add onions and green peppers, and cook about 3 minutes.
5. Add the dried oregano and dried basil and cook about 3 minutes more.
6. Add mushrooms and cook 2-3 minutes more.
7. Add the cubes of leftover roast beef, beef broth, and canned tomatoes with liquid.
8. Reduce heat to very low and let the stew simmer about 45 minutes, or until it has thickened.
9. If you have fresh basil, use a knife or [Herb Scissors](#) (affiliate link) to cut the basil into thin strips. (You can also use [frozen basil](#) if you're lucky enough to have some. Or use [my favorite purchased basil pesto](#).)
10. Add the basil to the stew and simmer about 5-10 minutes more.

11. Taste and add salt and fresh ground black pepper to taste.

12. Serve hot.

NOTES

Use at or least 2 cups diced beef cubes for this recipe if you don't have a full pound of leftover roast beef. You can also use leftover steak.

You can use 3 1/2 cups homemade beef stock instead of canned beef broth if you have some.

This recipe is a perfect use for frozen chopped basil. You can also use the chopped basil that's sold in a tube if you prefer or use my favorite purchased basil pesto to add the basil flavor.

Recipe created by Kalyn with inspiration from a magazine she saw years ago at Rand's house, but she can't remember what it was.

NUTRITION INFORMATION: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: Calories: 229 Total Fat: 9g Saturated Fat: 2g Trans Fat: 0g Unsaturated Fat: 5g Cholesterol: 58mg Sodium: 1980mg
Carbohydrates: 12g Fiber: 5g Sugar: 6g Protein: 26g

Nutrition information is automatically calculated by the Recipe Plug-In I am using. I am not a nutritionist and cannot guarantee 100% accuracy, since many variables affect those calculations.

<https://kalynskitchen.com/leftover-roast-beef-italian-stew/>

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