



Winn-Dixie Supermarkets

Italian Veal & Pepper Stew



Ingredient List

- 1-1/2 pounds veal for stew, cut into 1-1/2-inch pieces
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons olive oil
- 1 can (14-1/2 ounces) diced Italian-style tomatoes, undrained
- 2/3 cup ready-to-serve chicken broth
- 2 cloves garlic, minced
- 2 medium green bell peppers, cut into thin strips
- Hot cooked rice
- Grated Parmesan cheese

Directions

Combine flour, salt and pepper. Lightly coat veal with flour mixture; reserve remaining flour. Heat oil in Dutch oven over medium heat until hot. Brown veal, 1/2 at a time; remove from Dutch oven.

Stir tomatoes, broth, garlic and reserved flour mixture into Dutch oven. Add veal; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes.

Add bell peppers; continue cooking, covered, 30 minutes or until veal is fork-tender. Serve over rice. Sprinkle with cheese.

Servings: 4

Time: 1 hour, 30 minutes