



# Italian Beef Stew



A hearty, slow-cooked Italian-style beef stew packed with veggies, beans, and comforting flavor, perfect for batch cooking and even better the next day.

## ✓ Ingredients

- 2 pounds lean beef stew meat, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 small to medium yellow onion, diced
- 3 cloves garlic, minced
- 3 medium carrots, peeled and chopped
- 1 can (14.5-ounce) no salt added diced tomatoes
- 1 can (15-ounce) no salt added cannellini beans, drained and rinsed (or use the full can if desired)
- 3 cups low sodium beef broth
- 1½ teaspoons Italian seasoning
- ¾ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 teaspoons balsamic vinegar
- 1 bay leaf

### Store Smart

Cool leftovers quickly and store in shallow containers in the fridge for up to 4 days. This stew also freezes well for up to 6 months.

## ✓ Instructions

1. Heat olive oil in a large skillet over medium-high heat. Add the beef stew meat and sear until browned on all sides, about 5–6 minutes. Transfer to a slow cooker. (This step is optional)
2. Add the onion, garlic, carrots, diced tomatoes, beans, and broth to the slow cooker.
3. Stir in the Italian seasoning, garlic powder, salt, pepper, balsamic vinegar, and the bay leaf.
4. Cover and cook on low for 7–8 hours or high for 4–6 hours, until the beef is very tender and the carrots are cooked through.
5. Remove the bay leaf and discard.
6. Let cool slightly before serving, or refrigerate for up to 4 days.

### Love Your Leftovers

Turn leftover stew into a one-pot pasta! This recipe makes 4 servings with about 3 cups leftover to turn into a whole new dish the next day as a rustic Italian pasta.



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# One Pot Pasta



This cozy one-pot pasta uses leftover beef stew as the base, turning yesterday's meal into something fresh, flavorful, and totally new.

## ✓ Ingredients

- 3 cups leftover Italian Beef and Vegetable Stew
- 1 tablespoon olive oil
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 can (8-ounce) no salt added tomato sauce
- 8 ounces whole wheat pasta (penne or rigatoni)
- 2 cups baby spinach or chopped kale
- ½ cup grated parmesan cheese
- 2 tablespoons fresh basil or parsley, chopped
- Pinch of red pepper flakes (optional)
- 1 cup water or broth, more if needed

### No-Waste Pasta Night

This dish helps use up leftovers, greens, and even odds and ends of cheese or herbs you already have. It's a delicious and practical way to clear out the fridge and reduce waste.

## ✓ Instructions

1. Heat olive oil in a large pot or deep skillet over medium-high heat. Add the bell pepper and zucchini. Sauté for 5–7 minutes until tender.
2. Pour in the leftover beef stew and bring to a simmer. Shred any large pieces of beef with a fork.
3. Stir in the tomato sauce and water or broth to loosen the mixture. Once simmering, add the pasta.
4. Cook uncovered for 10–12 minutes, stirring often, until the pasta is tender and the sauce has thickened. Add more water if needed to prevent sticking.
5. Stir in the spinach or kale and cook for 2–3 more minutes, until wilted.
6. Remove from heat and stir in parmesan, herbs, and red pepper flakes, if using.
7. Serve warm and garnish with additional herbs or cheese if desired.



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