



Total Time
90 MIN.

Serving Size
1 CUP (250ML)

Difficulty
EASY

Beef is the center of this hearty stew enhanced with smoked paprika, garlic, V8® Vegetable Cocktail and filled with corn, apricots, peppers and cilantro.

Yields
24

INGREDIENTS

	WEIGHT	MEASURE
Oil, vegetable	3 tbsp	45 mL
Beef, chuck, boneless, 3/4 inch pieces	3 lbs	12/5 kg
Paprika, smoked	1 1/2 tbsp	25 mL
Onions, sweet, minced	6 cups	1 1/2 L
Peppers, bell, green, and red, diced	6 cups	1 1/2 L
Carrots, diced	4 cups	1 L
Garlic, minced	3 tbsp	45 mL
V8® Vegetable Cocktail	12 cups	3 L
Campbell's® Beef Consommé, 48 oz. condensed, canned	2 cups	500 mL
Water	2 cups	500 mL
Corn Kernels, frozen	1.25 cups	600 g
Apricots, dried, julienned	3 cups	780 mL
Cilantro	1 cup	280 mL
Vinegar, sherry	3/4 cup	175 mL
Oil, chili, optional	2 tbsp	30 mL
Cilantro, fresh, minced		



INSTRUCTIONS

1. Heat oil in a large pot over medium-high heat; add beef and sauté until well browned on all sides, about 6 minutes. Stir in paprika and continue to cook 2 minutes, stirring often.
2. Add onions and continue cooking for 5 minutes. Stir in peppers, carrots and garlic and continue cooking for 5 minutes.
3. Stir in V8® Vegetable Cocktail, Beef Consommé and water and bring to a boil; reduce heat to simmer and simmer on low for 60-75 minutes or until beef is tender, adding water as necessary if mixture gets too thick.
4. Add corn and apricots and continue cooking 15-20 minutes.
5. Mix in cilantro and vinegar. CCP: Heat to an internal temperature of 165°F (74°C) or higher for 15 seconds. CCP: Hold hot at 140°F (60°C) or higher for service.
6. To Serve: For each serving, ladle 1 cup (250 mL) stew into a bowl and drizzle ½ tsp (3 mL) chili oil, if desired, over top of soup and sprinkle with cilantro, as desired to garnish.