

## Baby Bump Beef Stew



### Ingredients

- 1 k. Beef
- 24g Vegetable Oil
- 500ml Water
- 15g Worcestershire Sauce
- 5g Garlic, finely chopped
- 1g Bay Leaf
- 25g Onion, sliced
- 3g Salt
- 5g Sugar
- 1g Pepper
- 1g Sweet Paprika
- 113g Carrots, sliced
- 24g Celery, chopped
- 150g Potatoes, quartered
- 37.5g Annum Chocolate Flavor
- 62.5ml Water
- 17g Cornstarch

### Directions

1. Heat up oil in pot and brown meat. Add Worcestershire sauce, garlic, bay leaf, onion, salt, sugar, pepper & paprika. Add water and cover to simmer for 1.5 hours or until tender.
2. Add carrots, potatoes and celery. Continue cooking until vegetables are tender.
3. Remove from heat and stir in Annum chocolate milk powder until dissolved and incorporated.
4. Thicken with cornstarch dissolved in water if needed.

### Nutritional Value

	Per Serve Per Adequacy	
Energy (kcal)	249	11.2
Carbohydrates (g)	11	6.3
Proteins (g)	27	31.0
Fats (g)	10	-

**Per Serve Per Adequacy**

Dietary Fiber (g)	1	-
Folate (mcg)	0	0.0
Iron (mg)	4	10.5
Zinc (mg)	0	0.0
Calcium (mg)	99	12.4
Vitamin B12 (mcg)	1.3	0.1

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