

Take Comfort In The Tastes Of The Season

(NAPSA)—Nothing cuts a chill in the air like the warmth of a home-cooked meal with family and friends. Certain foods have the unparalleled power to lift our spirits and comfort us by reminding us of special moments from our past. Today, eating for comfort and pleasure is in, according to a study on eating patterns in America by the NPD group. What could be more comforting on a cool, brisk day than a steaming bowl of savory stew?

In a survey of 1,005 consumers, Brian Wansink, a professor of marketing at the University of Illinois/Champaign, found that nearly 40 percent of the foods cited as bringing comfort to the eater were homemade “healthy” foods such as soup, main dishes and vegetables. Autumn and winter months provide the perfect setting to savor these hearty, memorable dishes, which tend to be prepared with robust, seasonal ingredients.

Swanson Herb-Simmered Beef Stew is a delicious, full-bodied main dish that is sure to satisfy any comfort-food craving. Meat and vegetables are slowly simmered in a mixture of Swanson Beef broth, thyme, black pepper and other spices, giving the dish a rich, intense flavor. Thickly sliced carrots and potatoes are then added to this traditional-style recipe. When served with a loaf of fresh-baked bread and a simple tossed salad, it evokes warmth and nostalgia with every bite.

“I use Swanson beef broth instead of water to add extra flavor to my favorite soup and stew recipes,” said Kim Dobkins, a cooking school instructor from Plattsburg, NY. “It has the perfect balance of beef, vegetables and seasonings that enhances the taste of anything I use it in.”

So as cooler winds start to blow, put on your favorite sweater and cook up a batch of this flavorful beef stew—the ultimate comfort food—and create a meal that celebrates the joys of food and family. For more tricks of the trade, cooking tips and great seasonal recipes, or to receive a free copy of Swanson’s new cookbook—*Creative Cooking*—visit www.swansonbroth.com.



And for holiday recipes, tips for cooking with broth, ingredient suggestions and place-setting techniques, visit Holiday Central, at www.swansonbroth.com.

Swanson® Herb-Simmered Beef Stew

Prep Time: 15 min.

Cook Time: 1 hr. 30 min.

- 2 lb. beef for stew, cut into 1" cubes**
- 2 tbsp. all-purpose flour**
- 2 tbsp. olive oil**
- 3 cups thickly sliced fresh mushrooms**
- 3 cloves garlic, minced**
- ½ tsp. each dried marjoram, thyme and rosemary (crushed) or 1½ tsp. each chopped fresh marjoram, thyme and rosemary**
- 1 bay leaf**
- 1 can (14 oz.) SWANSON Beef Broth or Lower Sodium Beef Broth**
- 3 cups fresh or frozen baby carrots**
- 12 whole baby red-skinned potatoes, with a strip of peel removed in center**

SEASON beef with pepper and coat with flour. Heat oil in saucepot. Add beef and cook until browned, stirring often. Add mushrooms, garlic, herbs and bay leaf and cook until mushrooms are tender and liquid evaporates. Add broth.

HEAT to a boil. Cover and cook over low heat 45 min.

ADD carrots and potatoes. Heat to a boil. Cover and cook over low heat 30 min. or until done. Remove bay leaf. Serves 6.

Nutritional Values Per Serving: Calories 416, Fat 12g, Protein 35g, Carbohydrate 43g, Sodium 330mg.