



All Pumpkins' Night Stew

 Dairy Free

READY IN



210 min.

SERVINGS



6

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 7 cups beef broth
- 2.5 pounds stew meat cut into 1 1/2 inch cubes
- 3 tablespoons canola oil divided
- 2 tablespoons caraway seeds
- 3 large carrots peeled chopped
- 1 tablespoon cornstarch
- 1 tablespoon flour all-purpose

- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 1 teaspoon nutmeg
- 2 onion chopped
- 2 teaspoons pepper
- 3 large potatoes cubed peeled
- 1 teaspoon salt
- 0.3 cup water
- 1 tablespoon granulated sugar white

Equipment

- frying pan
- dutch oven

Directions

- Heat 1 tablespoon canola oil in a Dutch oven over medium-high heat. Stir in garlic and onion, and cook until softened and translucent; remove from pan.
- Pour 2 tablespoons canola oil into Dutch oven. While this heats, mix the beef with salt and pepper. Sear the beef in batches until browned all over, about 5 minutes.
- Stir in caraway seeds and flour, cook until flour is incorporated and the caraway seed is fragrant, about 1 minute.
- Pour in beef broth; add bay leaves, sugar, nutmeg, and onion mixture. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the meat is tender, about 2 hours.
- Stir in the potatoes and carrots; continue cooking until the vegetables are tender, about 30 minutes. Stir together the cornstarch and water; stir into the stew along with the parsley. Simmer until thickened, about 5 minutes.

Nutrition Facts

 **PROTEIN 37.14%**  **FAT 29.46%**  **CARBS 33.4%**

Properties

Glycemic Index:77.78, Glycemic Load:27.8, Inflammation Score:-10, Nutrition Score:41.833478139794%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg

Nutrients (% of daily need)

Calories: 546.73kcal (27.34%), Fat: 17.76g (27.32%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 45.32g (15.11%), Net Carbohydrates: 38.48g (13.99%), Sugar: 6.84g (7.6%), Cholesterol: 117.18mg (39.06%), Sodium: 1575.07mg (68.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.38g (100.75%), Vitamin A: 6242.54IU (124.85%), Vitamin B6: 1.92mg (95.97%), Vitamin B3: 17.49mg (87.45%), Selenium: 55.91µg (79.88%), Vitamin B12: 3.69µg (61.54%), Phosphorus: 588.04mg (58.8%), Zinc: 8.72mg (58.11%), Vitamin K: 57.77µg (55.02%), Vitamin C: 45.11mg (54.68%), Potassium: 1795.73mg (51.31%), Iron: 6.64mg (36.89%), Manganese: 0.58mg (29.08%), Vitamin B2: 0.47mg (27.63%), Magnesium: 110.13mg (27.53%), Fiber: 6.84g (27.34%), Vitamin B1: 0.39mg (26.14%), Copper: 0.46mg (22.77%), Folate: 80.23µg (20.06%), Vitamin B5: 1.6mg (15.97%), Vitamin E: 2.13mg (14.21%), Calcium: 117.91mg (11.79%)