



Asian Beef with Basil

 Dairy Free

READY IN



165 min.

SERVINGS



6

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon five-spice powder chinese
- ☐ 0.5 cup torn basil leaves
- ☐ 5 cups beef broth
- ☐ 3.5 pounds beef chuck cut into 1 1/2-inch cubes
- ☐ 4 carrots cut into 2-inch lengths
- ☐ 1 long chile fresh red thinly sliced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon ginger fresh minced

- ☐ 2 garlic cloves minced
- ☐ 3 garlic cloves chopped
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt
- ☐ 1 lemongrass stalk whole smashed cut into 3-inch lengths and lightly
- ☐ 3 lemongrass stalks chopped
- ☐ 1 medium onion cut into 1/2-inch pieces
- ☐ 1 medium thick rice noodles cooked for serving
- ☐ 2 tablespoons soya sauce
- ☐ 3 star anise pods
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 2.5 tablespoons vegetable oil

Equipment

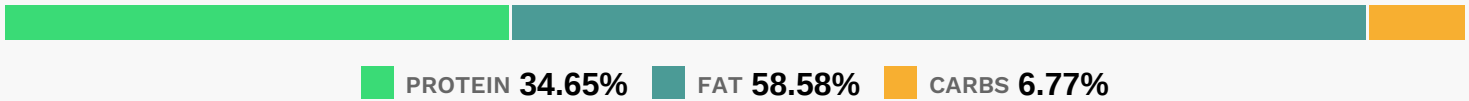
- ☐ food processor
- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ In a mini food processor, mince the garlic with the lemongrass.
- ☐ Add the soy sauce, oil, salt, sugar and five-spice powder and pulse to combine. In a large bowl, toss the beef with the marinade to coat thoroughly.
- ☐ Let marinate at room temperature for 30 minutes.
- ☐ In an enameled cast-iron casserole, heat 1 tablespoon of the oil over moderate heat.
- ☐ Add half of the meat; cook until lightly browned.
- ☐ Transfer to a bowl. Repeat with 1 tablespoon of the oil and the remaining meat.

- ☐ Add the remaining 1/2 tablespoon of oil to the casserole along with the onion, garlic, ginger and crushed red pepper.
- ☐ Add 1 tablespoon of water, cover and cook over low heat, stirring occasionally, until the aromatics are softened, about 5 minutes.
- ☐ Add the tomato paste and cook over moderately high heat, stirring, until glossy, about 1 minute.
- ☐ Add the broth and bring to a boil, scraping up any browned bits.
- ☐ Return the meat to the casserole.
- ☐ Add the carrots, star anise and lemongrass. Simmer over low heat, stirring occasionally, until the meat is tender, 1 hour and 45 minutes. Using a slotted spoon, transfer the beef to a bowl. Boil the sauce over high heat until reduced to 4 cups, 3 minutes. Discard the star anise and lemongrass. Return the beef to the casserole. Season the stew with salt and serve over noodles.
- ☐ Garnish with the basil and red chile.

Nutrition Facts



Properties

Glycemic Index:76.99, Glycemic Load:3.14, Inflammation Score:-10, Nutrition Score:37.356956367907%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 629.21kcal (31.46%), Fat: 41.35g (63.62%), Saturated Fat: 15.16g (94.76%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 8.7g (3.17%), Sugar: 4.58g (5.08%), Cholesterol: 182.57mg (60.86%), Sodium: 1949.08mg (84.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.03g (110.07%), Vitamin A: 7113.72IU (142.27%), Zinc: 20.27mg (135.11%), Vitamin B12: 7.36µg (122.72%), Selenium: 56.88µg (81.25%), Vitamin B3: 14.03mg (70.13%), Vitamin B6: 1.22mg (60.86%), Phosphorus: 572.87mg (57.29%), Iron: 7.01mg (38.93%), Potassium: 1289.39mg (36.84%), Vitamin K: 38.26µg (36.44%), Vitamin B2: 0.49mg (28.81%), Manganese: 0.45mg (22.35%), Vitamin C: 17.11mg (20.74%), Vitamin B5: 1.87mg (18.72%), Magnesium: 72.91mg (18.23%), Vitamin B1: 0.24mg (15.76%), Vitamin E: 1.94mg (12.95%), Copper: 0.26mg (12.88%), Calcium: 93.65mg (9.36%), Fiber: 2.05g (8.22%), Folate: 30.74µg

(7.69%), Vitamin D: 0.26µg (1.76%)