



Bacon-Chili Beef Stew

 **Gluten Free**  **Dairy Free**

READY IN



110 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon cut into 1/2-inch pieces
- 1.5 lb stew meat lean ()
- 0.5 cup onion chopped
- 0.5 teaspoon lawry's seasoned salt
- 0.1 teaspoon pepper
- 29 oz tomatoes diced with mild green chilies, undrained canned
- 12 oz gravy home-style
- 2 tablespoons chili sauce

- 2 cups potatoes – remove skin diced red unpeeled
- 1 cup carrots sliced
- 1 cup corn whole frozen (from 12 oz bag)

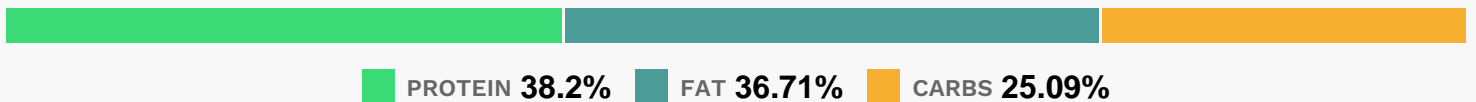
Equipment

- sauce pan

Directions

- In 4-quart saucepan, cook bacon over medium heat 3 to 4 minutes, stirring frequently, until cooked but not crisp.
- Drain all but 2 tablespoons bacon fat from saucepan.
- Add beef and onion to bacon; sprinkle with seasoned salt and pepper. Cook 4 to 6 minutes, stirring frequently, until beef is beginning to brown and onion is tender.
- Stir in tomatoes, gravy and chili sauce.
- Heat to boiling.
- Add potatoes and carrots. Cover; cook over medium–low heat 50 to 60 minutes, stirring occasionally, until beef is tender.
- Stir in corn. Cook uncovered 10 to 15 minutes longer, stirring occasionally, until corn is tender.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:23.266086977461%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 321.81kcal (16.09%), Fat: 13.06g (20.09%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 17.33g (6.3%), Sugar: 6.78g (7.54%), Cholesterol: 84.52mg (28.17%), Sodium: 937.52mg (40.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.13%), Vitamin A: 3765.93IU (75.32%), Vitamin B6: 1.03mg (51.38%), Vitamin B3: 10.02mg (50.08%), Selenium: 34.77µg (49.67%), Vitamin B12: 2.17µg (36.19%), Zinc: 5.32mg (35.45%), Phosphorus: 330.46mg (33.05%), Potassium: 922.91mg (26.37%), Iron: 4.1mg (22.78%), Vitamin C: 18.36mg (22.26%), Vitamin B2: 0.3mg (17.63%), Vitamin B1: 0.26mg (17.09%), Magnesium: 56.87mg (14.22%), Copper: 0.28mg (13.75%), Manganese: 0.23mg (11.29%), Folate: 44.5µg (11.12%), Fiber: 2.75g (11%), Vitamin E: 1.58mg (10.52%), Vitamin K: 9.26µg (8.82%), Vitamin B5: 0.88mg (8.82%), Calcium: 79.17mg (7.92%)