



Baked Beef Stew

 Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon beef bouillon granules
- ☐ 2 pounds beef stew meat cut into 1 inch cubes
- ☐ 1 slice bread cubed
- ☐ 14.5 ounce canned tomatoes diced with juice canned
- ☐ 4 carrots cut into 1 inch pieces
- ☐ 2 strips celery cut into 3/4 inch pieces
- ☐ 0.3 teaspoon ground pepper black
- ☐ 3 tablespoons .3 oz. of pearl tapioca instant

- ☐ 1 onion roughly chopped
- ☐ 3 potatoes cubed peeled
- ☐ 1.5 teaspoons salt
- ☐ 1 cup water
- ☐ 2 teaspoons sugar white

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ In a large skillet over medium heat, brown the stew meat; drain and set aside.
- ☐ In a mixing bowl, combine the tomatoes, water, tapioca, beef bouillon granules, sugar, salt and pepper. Stir in the beef, carrots, celery, potatoes, onion, and bread cubes.
- ☐ Pour into the prepared baking dish.
- ☐ Cover and bake for 2 hours, or until meat and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:43.79, Glycemic Load:13.07, Inflammation Score:-10, Nutrition Score:22.635652127473%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.42mg, Quercetin: 3.42mg,

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Nutrients (% of daily need)

Calories: 268.57kcal (13.43%), Fat: 5.97g (9.19%), Saturated Fat: 2g (12.5%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 21.85g (7.95%), Sugar: 3.94g (4.38%), Cholesterol: 70.33mg (23.44%), Sodium: 694.17mg (30.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.47%), Vitamin A: 5098.74IU (101.97%), Vitamin B6: 1.04mg (52.01%), Selenium: 32.94µg (47.06%), Vitamin B3: 9.04mg (45.19%), Vitamin B12: 2.1µg (35.07%), Zinc: 5.09mg (33.92%), Phosphorus: 310.08mg (31.01%), Potassium: 849.68mg (24.28%), Vitamin C: 18.57mg (22.51%), Iron: 3.23mg (17.95%), Vitamin B1: 0.21mg (14.1%), Vitamin B2: 0.24mg (14.07%), Magnesium: 52.81mg (13.2%), Manganese: 0.25mg (12.65%), Fiber: 3g (12.02%), Copper: 0.23mg (11.39%), Folate: 39.2µg (9.8%), Vitamin B5: 0.86mg (8.63%), Vitamin K: 7.31µg (6.96%), Calcium: 50.65mg (5.07%), Vitamin E: 0.56mg (3.73%)