



Beef and Beer with Yellow Potatoes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon cut into ½-inch strips
- 0.5 teaspoon pepper black freshly ground
- 2 cups tomatoes canned
- 24 ounce beer dark
- 1 tablespoon rosemary fresh minced
- 1 tablespoon thyme leaves fresh minced
- 2 cloves garlic crushed peeled
- 0.3 teaspoon ground allspice

- 1 tablespoon kosher salt
- 2 tablespoons brown sugar light
- 2 tablespoons olive oil
- 1 pound onions peeled sliced (4 medium)
- 4 finn potatoes yellow peeled cut into 1 ½-inch chunks
- 1.5 pound top round beef roast cut into 6 equal-size pieces

Equipment

- oven

Directions

- Preheat oven to 350 F.
- Put the oil and bacon in a large casserole and cook until the bacon is crispy.
- Remove the bacon and set aside. Season the beef with the salt, pepper, and allspice and sear in the bacon drippings and oil until nicely browned, 3 to 4 minutes per side.
- Remove from casserole and set aside. Brown the onions and garlic in the casserole. Return the beef and bacon to the casserole.
- Add the tomatoes, beer, sugar, thyme, and rosemary and bring to a simmer. Cover the casserole and place on bottom rack of oven. After 10 minutes, check to make sure it's simmering; turn heat up 25 F if not. Cook until the meat is falling apart, about 2 hours.
- Add the potatoes and cook until tender, about 30 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:23.18, Inflammation Score:-9, Nutrition Score:27.683478298395%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.38mg, Quercetin: 16.38mg, Quercetin: 16.38mg, Quercetin: 16.38mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 494.27kcal (24.71%), Fat: 16.6g (25.54%), Saturated Fat: 4.64g (29.01%), Carbohydrates: 46.74g (15.58%), Net Carbohydrates: 40.5g (14.73%), Sugar: 11.75g (13.06%), Cholesterol: 79.99mg (26.66%), Sodium: 1447.57mg (62.94%), Alcohol: 4.42g (100%), Alcohol %: 1.01% (100%), Protein: 32.76g (65.52%), Vitamin B6: 1.48mg (74.11%), Vitamin B3: 11.44mg (57.22%), Vitamin C: 43.27mg (52.45%), Selenium: 36.53µg (52.19%), Phosphorus: 412.98mg (41.3%), Potassium: 1412.93mg (40.37%), Zinc: 5.7mg (38.02%), Vitamin B12: 2.19µg (36.56%), Iron: 5.06mg (28.13%), Manganese: 0.56mg (27.91%), Fiber: 6.23g (24.93%), Vitamin B1: 0.36mg (24.23%), Magnesium: 95.34mg (23.84%), Copper: 0.47mg (23.47%), Vitamin B2: 0.34mg (19.82%), Folate: 70.13µg (17.53%), Vitamin E: 2.12mg (14.1%), Vitamin B5: 1.38mg (13.81%), Vitamin K: 11.74µg (11.18%), Calcium: 101.64mg (10.16%), Vitamin A: 249.84IU (5%)