



 **74%**
HEALTH SCORE

Beef and Butternut Squash Stew

 Dairy Free  Very Healthy

READY IN



105 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups beef broth
- 2 pounds stew beef cut into 2-inch cubes
- 0.5 teaspoon pepper black freshly ground plus more to taste
- 1 pound butternut squash trimmed cut into 2-inch cubes
- 4 servings top for serving
- 2 tablespoons flour all-purpose
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 tablespoon rosemary fresh minced

- 1 tablespoon thyme leaves fresh chopped
- 2 cloves garlic chopped
- 1 cup marsala wine
- 3 tablespoon olive oil
- 1 onion peeled chopped
- 0.5 teaspoon salt plus more to taste
- 0.3 cup sun-dried tomatoes chopped

Equipment

- frying pan
- pot
- wooden spoon

Directions

- Watch how to make this recipe.
- In a large soup pot heat 3 tablespoons of olive oil over medium heat.
- Add the onions, garlic, rosemary, and thyme and saute until the onions are tender, about 2 minutes. Toss the beef cubes in salt and pepper and flour. Turn up the heat to med-high and add the beef to the pot. Cook until the beef is browned and golden around the edges, about 5 minutes.
- Add the Marsala wine. Using a wooden spoon, gently stir up all the brown bits off the bottom of the pan.
- Add the butternut squash and sun-dried tomatoes and stir to combine.
- Add enough beef broth to just cover the beef and squash. Bring the stew to a boil over high heat, then reduce the heat to low and simmer, covered, for 1 hour. Season the stew with additional salt and pepper to taste.
- Sprinkle with the chopped parsley.
- Serve with crusty bread alongside.

Nutrition Facts



■ PROTEIN 40.01% ■ FAT 36.56% ■ CARBS 23.43%

Properties

Glycemic Index:87.88, Glycemic Load:4.21, Inflammation Score:-10, Nutrition Score:43.185652152352%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

Nutrients (% of daily need)

Calories: 621.08kcal (31.05%), Fat: 22.64g (34.83%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 28.47g (10.35%), Sugar: 11g (12.23%), Cholesterol: 140.61mg (46.87%), Sodium: 1113.7mg (48.42%), Alcohol: 9.18g (100%), Alcohol %: 1.83% (100%), Protein: 55.76g (111.52%), Vitamin A: 12382.6IU (247.65%), Vitamin B3: 19.22mg (96.08%), Selenium: 67.25µg (96.07%), Vitamin B6: 1.76mg (88.05%), Vitamin B12: 4.32µg (72.03%), Zinc: 9.95mg (66.31%), Phosphorus: 597.42mg (59.74%), Potassium: 1640.66mg (46.88%), Vitamin K: 46.61µg (44.39%), Vitamin C: 34.58mg (41.92%), Iron: 7.39mg (41.03%), Manganese: 0.64mg (31.96%), Magnesium: 124.28mg (31.07%), Vitamin B2: 0.51mg (30.06%), Vitamin B1: 0.43mg (28.68%), Vitamin E: 3.85mg (25.7%), Copper: 0.47mg (23.42%), Folate: 86.15µg (21.54%), Vitamin B5: 1.73mg (17.26%), Fiber: 4.18g (16.72%), Calcium: 143.63mg (14.36%)