



## Beef and Vegetable Stew

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

READY IN



**160 min.**

SERVINGS



**6**

CALORIES



**297 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves
- 1 pound stew meat cubed
- 10 ounces mushrooms quartered
- 10 ounces mushrooms quartered
- 14.5 ounce beef broth low fat, low sodium canned
- 1 cup carrots chopped
- 1 teaspoon thyme dried
- 1 sprig rosemary leaves fresh

- 1 onion thinly sliced
- 10 ounce peas green frozen thawed
- 3 potatoes cubed
- 0.3 teaspoon pepper red crushed
- 6 ounce canned tomatoes canned
- 1 tablespoon vegetable oil

## Equipment

- frying pan
- pot

## Directions

- Remove any bits of fat from the meat.
- Heat the oil in a large pot over medium high heat.
- Saute the meat in the oil for 10 minutes, or until browned on all sides.
- Remove meat and set aside.
- Add the onion and tomato paste to the pot and saute over medium heat for 5 minutes, or until onion is tender, stirring often. Return the meat to the skillet along with the beef broth, combining with the onion and tomato paste mixture. Reduce heat to low, cover and simmer for 1 to 1 1/2 hours, or until meat is tender.
- Add the carrots, potatoes, rosemary, thyme, bay leaf and crushed red pepper flakes and simmer, covered, for another 45 minutes. (Note: It may be necessary to add some water if the stew seems too thick.)
- Finally, add the mushrooms and the peas and allow stew to heat through, about another 10 to 15 minutes.
- Remove bay leaf and rosemary sprig before serving.

## Nutrition Facts



## Properties

Glycemic Index:50.65, Glycemic Load:17.76, Inflammation Score:-10, Nutrition Score:30.712174156438%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

## Nutrients (% of daily need)

Calories: 297.14kcal (14.86%), Fat: 6.8g (10.46%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 26.95g (9.8%), Sugar: 8.43g (9.36%), Cholesterol: 46.87mg (15.62%), Sodium: 235.76mg (10.25%), Alcohol: 0g (100%), Protein: 26.47g (52.94%), Vitamin A: 4021.41IU (80.43%), Vitamin C: 47.18mg (57.19%), Vitamin B3: 11.23mg (56.13%), Vitamin B6: 1.08mg (54.15%), Selenium: 31.21µg (44.58%), Potassium: 1440.25mg (41.15%), Phosphorus: 378.01mg (37.8%), Vitamin B2: 0.63mg (37.11%), Copper: 0.64mg (32.19%), Zinc: 4.7mg (31.36%), Fiber: 7.53g (30.1%), Vitamin B1: 0.4mg (26.84%), Manganese: 0.53mg (26.69%), Vitamin K: 26.15µg (24.91%), Vitamin B12: 1.44µg (23.94%), Iron: 4.26mg (23.64%), Vitamin B5: 2.27mg (22.69%), Folate: 85.39µg (21.35%), Magnesium: 77.32mg (19.33%), Vitamin E: 1.04mg (6.91%), Calcium: 66.3mg (6.63%), Vitamin D: 0.19µg (1.26%)