



## Beef Bourbon Y'all

 Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



953 kcal

BEVERAGE

DRINK

### Ingredients

- 3 pounds beef chuck cut into 2-inch cubes
- 2 cups beef stock
- 0.3 cup pepper black
- 0.5 cup bourbon
- 15 ounce canned tomatoes diced with their juice canned
- 0.5 cup celery diced
- 1 cup corn kernels
- 0.3 cup garlic powder

- 1 cup green beans trimmed cut in 1/2
- 0.5 cup bell pepper diced green
- 2 cups new potatoes red quartered
- 0.5 cup onions diced
- 1 cup salt
- 4 servings salt and pepper
- 2 tablespoons vegetable oil

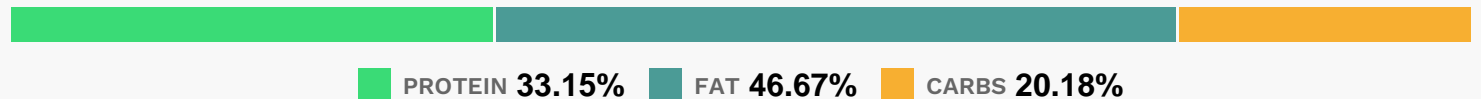
## Equipment

- pot
- dutch oven

## Directions

- Heat the oil in a large Dutch oven or heavy pot with a lid. Season the meat all over with House Seasoning and sear in a single layer.
- Remove the beef to a plate and add the green bell pepper, onion and celery to the pot and saute until softened. Return the beef back to the pot and add the bourbon, diced tomatoes and enough stock to cover the beef. Bring up to a boil and then lower to a simmer with the lid on ajar. Simmer for 2 hours or until beef is very tender. Then add the corn, green beans and red potatoes. Simmer 10 to 20 minutes until the vegetables are tender. Season, to taste, with salt and pepper.
- Mix ingredients together and store in an airtight container for up to 6 months.

## Nutrition Facts



## Properties

Glycemic Index:51.25, Glycemic Load:5.54, Inflammation Score:-8, Nutrition Score:53.637826028077%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

## **Nutrients (% of daily need)**

Calories: 953.18kcal (47.66%), Fat: 47.54g (73.13%), Saturated Fat: 18.67g (116.68%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 36.1g (13.13%), Sugar: 10.44g (11.6%), Cholesterol: 234.73mg (78.24%), Sodium: 29256.65mg (1272.03%), Alcohol: 10.02g (100%), Alcohol %: 1.47% (100%), Protein: 75.96g (151.92%), Zinc: 27.17mg (181.15%), Vitamin B12: 9.29µg (154.79%), Manganese: 2.56mg (127.93%), Selenium: 77.24µg (110.34%), Vitamin B6: 2.01mg (100.45%), Vitamin B3: 18.54mg (92.71%), Phosphorus: 864.71mg (86.47%), Potassium: 2419.73mg (69.14%), Iron: 12.11mg (67.26%), Vitamin K: 65.7µg (62.57%), Vitamin B2: 0.8mg (47.11%), Copper: 0.87mg (43.66%), Vitamin C: 34.04mg (41.26%), Fiber: 10.15g (40.6%), Magnesium: 157.41mg (39.35%), Vitamin B1: 0.52mg (34.43%), Vitamin B5: 3.09mg (30.87%), Calcium: 225.07mg (22.51%), Vitamin E: 3.06mg (20.38%), Folate: 77.09µg (19.27%), Vitamin A: 690.5IU (13.81%), Vitamin D: 0.34µg (2.27%)