



HEALTH SCORE

89%

Beef Braised with Red Wine and Mushrooms



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 bay leaves



1.3 pounds stew meat lean cut into 1-inch cubes



0.5 teaspoon pepper black divided freshly ground



1.5 cups carrots () (2 large)



2 teaspoons cornstarch



1 pound crimini mushrooms chopped



0.5 ounce the following: parmesan rind) dried



0.5 cup wine dry red

- ☐ 3 garlic clove crushed
- ☐ 1.5 cups less-sodium beef broth fat-free
- ☐ 2 tablespoons olive oil
- ☐ 1 cup pearl onions (16)
- ☐ 0.8 teaspoon salt divided
- ☐ 4 thyme sprigs
- ☐ 1 cup water boiling
- ☐ 1 tablespoon water

Equipment

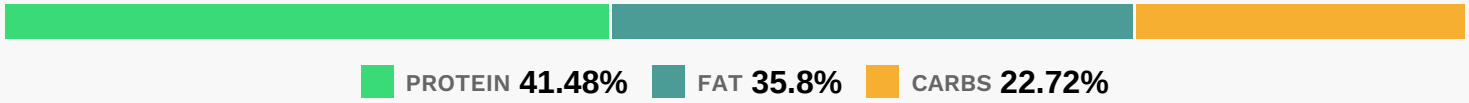
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Combine porcini mushrooms and 1 cup boiling water in a small bowl; let stand 30 minutes.
- ☐ Drain mushrooms through a sieve into a bowl, reserving liquid. Chop mushrooms; set aside.
- ☐ Sprinkle beef with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add half of beef to pan; saut 5 minutes or until lightly browned on all sides.
- ☐ Remove beef from pan with a slotted spoon; place in a bowl. Repeat procedure with remaining beef.
- ☐ Add onions to pan; saut 3 minutes or until lightly browned.
- ☐ Add cremini mushrooms and carrot; saut 3 minutes or until mushrooms are tender.
- ☐ Add beef, porcini mushrooms, porcini liquid, remaining 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, broth, and next 4 ingredients (through bay leaves); bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beef is tender. Uncover and cook 20 minutes, stirring occasionally.

- ☐ Combine 1 tablespoon water and cornstarch in a small bowl.
- ☐ Add cornstarch mixture to pan; bring to a boil. Cook 1 minute or until liquid thickens. Discard thyme sprigs and bay leaves.
- ☐ Wine note: Mushrooms and merlot are a natural match. An affordable California version like Buena Vista Carneros Merlot 2004 (\$2
- ☐ provides classic merlot flavors of plum and black cherry fruit along with a touch of earth and smoky oak that marries beautifully with mushrooms. The wine's rich flavor and firm tannins make it a perfect choice for flavorful beef, as well. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:45.21, Glycemic Load:3.03, Inflammation Score:-10, Nutrition Score:35.682173589002%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg, Isorhamnetin: 2.97mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 12.32mg, Quercetin: 12.32mg, Quercetin: 12.32mg, Quercetin: 12.32mg

Nutrients (% of daily need)

Calories: 378.58kcal (18.93%), Fat: 14.39g (22.15%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 16.84g (6.12%), Sugar: 6.84g (7.6%), Cholesterol: 87.88mg (29.29%), Sodium: 727.06mg (31.61%), Alcohol: 3.15g (100%), Alcohol %: 0.71% (100%), Protein: 37.52g (75.05%), Vitamin A: 8072.24IU (161.44%), Selenium: 71.09µg (101.55%), Vitamin B3: 14.97mg (74.82%), Vitamin B6: 1.25mg (62.74%), Vitamin B2: 0.88mg (51.71%), Zinc: 7.69mg (51.26%), Phosphorus: 490.29mg (49.03%), Copper: 0.96mg (48.02%), Vitamin B12: 2.74µg (45.6%), Potassium: 1484.59mg (42.42%), Vitamin B5: 3.32mg (33.19%), Manganese: 0.46mg (23%), Iron: 4.01mg (22.27%), Vitamin B1: 0.31mg (20.96%), Folate: 73.56µg (18.39%), Magnesium: 63.9mg (15.97%), Fiber: 3.71g (14.84%), Vitamin K: 12.94µg (12.32%), Vitamin E: 1.78mg (11.85%), Vitamin C: 9.66mg (11.71%), Calcium: 89.07mg (8.91%), Vitamin D: 0.25µg (1.68%)