



Beef Daube Provençal

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 cups carrots chopped
- ☐ 2 pound beef chuck boneless trimmed cut into 2-inch cubes
- ☐ 1 Dash ground cloves
- ☐ 3 cups egg noodles hot cooked uncooked (4 cups noodles)
- ☐ 1 teaspoon rosemary leaves fresh chopped

- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 12 garlic clove crushed
- ☐ 0.5 cup beef broth
- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1 cup red wine
- ☐ 1.5 teaspoons salt divided
- ☐ 1 tablespoon tomato paste

Equipment

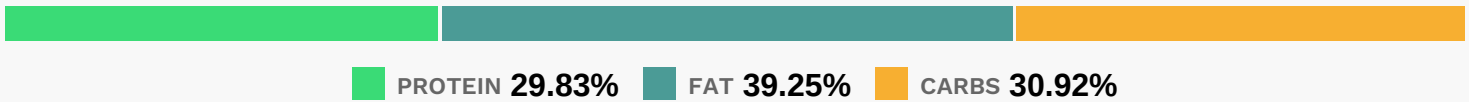
- ☐ frying pan
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Preheat oven to 30
- ☐ Heat olive oil in a small Dutch oven over low heat.
- ☐ Add garlic to pan; cook for 5 minutes or until garlic is fragrant, stirring occasionally.
- ☐ Remove garlic with a slotted spoon; set aside. Increase heat to medium-high.
- ☐ Add beef to pan.
- ☐ Sprinkle beef with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Cook 5 minutes, browning on all sides.
- ☐ Remove beef from pan.
- ☐ Add wine to pan, and bring to a boil, scraping pan to loosen browned bits.
- ☐ Add garlic, beef, remaining 1 teaspoon salt, remaining 1/4 teaspoon pepper, carrot, and next 8 ingredients (through bay leaf) to pan; bring to a boil.
- ☐ Cover and bake at 300 for 2 1/2 hours or until beef is tender. Discard bay leaf.

- ☐ Serve over noodles.
- ☐ Garnish with chopped fresh thyme, if desired.
- ☐ Note: To make in a slow cooker, prepare through Step
- ☐ Place beef mixture in an electric slow cooker. Cover and cook on HIGH for 5 hours.
- ☐ Wine note: This satisfying beef stew deserves a rich, earthy, and soulful wine--one with a soft, thick texture. I love the complexity and juiciness of the Kuleto Estate Syrah 2004 from Napa Valley, California (\$45), which elevates this stew into a princely dinner. --Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:54.81, Glycemic Load:14.1, Inflammation Score:-10, Nutrition Score:31.623912935672%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 497.42kcal (24.87%), Fat: 20.76g (31.94%), Saturated Fat: 8.22g (51.37%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 32.27g (11.73%), Sugar: 7.69g (8.55%), Cholesterol: 127.53mg (42.51%), Sodium: 890.23mg (38.71%), Alcohol: 4.24g (100%), Alcohol %: 1.18% (100%), Protein: 35.5g (71%), Vitamin A: 7372.99IU (147.46%), Zinc: 12.4mg (82.68%), Selenium: 52.02µg (74.31%), Vitamin B12: 4.2µg (69.99%), Vitamin B6: 0.93mg (46.56%), Vitamin B3: 8.39mg (41.93%), Phosphorus: 416.43mg (41.64%), Manganese: 0.8mg (39.82%), Potassium: 1076.23mg (30.75%), Iron: 5.21mg (28.93%), Vitamin B2: 0.33mg (19.52%), Magnesium: 77.07mg (19.27%), Copper: 0.37mg (18.41%), Fiber: 4.52g (18.1%), Vitamin C: 14.78mg (17.92%), Vitamin B1: 0.24mg (15.86%), Vitamin B5: 1.55mg (15.51%),

Vitamin K: 13.57µg (12.92%), Vitamin E: 1.9mg (12.65%), Calcium: 100.6mg (10.06%), Folate: 35.92µg (8.98%),
Vitamin D: 0.23µg (1.54%)