Beef Stew

Very Healthy

READY IN	SERVINGS	CALORIES
195 min.	4	1045 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 bay leaves
- [ ] 2.5 pounds beef chuck cut into 2-inch cubes
- [ ] 10 cups beef broth low-sodium homemade canned cold
- [ ] 7 tomatoes whole canned crushed peeled
- [ ] 4 medium carrots cut into 2-inch pieces
- [ ] 2 celery stalks cut into 2-inch pieces
- [ ] 0.3 cup flour all-purpose to cover
- [ ] 6 sprigs thyme leaves fresh

- [ ] 5 cloves garlic crushed
- [ ] 4 servings kosher salt and pepper black freshly ground
- [ ] 2 medium onions cut into 6ths
- [ ] 6 sprigs parsley
- [ ] 1.3 pounds potatoes red quartered
- [ ] 2 teaspoons red wine vinegar to taste
- [ ] 1 tablespoon tomato paste
- [ ] 2 tablespoons butter unsalted
- [ ] 4 servings vegetable oil for searing

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] ladle
- [ ] oven
- [ ] pot
- [ ] stove
- [ ] slotted spoon
- [ ] dutch oven
- [ ] kitchen twine

Directions

- [ ] Watch how to make this recipe.
- [ ] Heat a large Dutch oven with a tight-fitting lid over medium-high heat.
- [ ] Pour in enough oil to fill the pan about 1/4-inch deep. Season the beef generously with salt and pepper, and add to the pan.
- [ ] Saute half the meat, uncovered, stirring only occasionally, until well-browned, about 8 minutes. Using a slotted spoon, transfer the beef to a plate. Repeat with the remaining beef. Discard the oil and wipe out the pan.

- [ ] Preheat the oven to 325 degrees F. Return the pot to the stove and melt the butter over medium high heat.
- [ ] Add the onion and cook, stirring, until lightly browned, about 5 minutes.
- [ ] Add the garlic and cook, stirring, until fragrant, about 1 minute.
- [ ] Add the tomato paste and cook, stirring, until lightly browned, about 1 minute more.
- [ ] Add the reserved beef and scatter the flour over the vegetable and beef mixture (enough to lightly coat) and cook stirring until lightly toasted.
- [ ] Add the water or broth, and bring to a simmer. Tie the parsley, thyme, and bay leaves together with a piece of kitchen twine and add the bundle to the pot. Season with 2 teaspoons salt, or to taste. Cover and transfer to the oven. Cook the meat until just tender, about 1 1/2 hours. (This can also be done on the stove at a low simmer.)
- [ ] Remove pot from the oven. Skim the fat from the cooking liquid with a spoon or ladle.
- [ ] Add the potatoes, carrots, celery, and the tomatoes, and bring to a simmer on top of the stove. Cook, uncovered, stirring occasionally, until the liquid thickens and the vegetables are tender, about 1 hour.
- [ ] Remove and discard the herb bundle. Stir in the vinegar and season with salt and pepper, to taste. Divide among bowls and serve immediately.

Nutrition Facts

PROTEIN **26.87%** FAT **45.99%** CARBS **27.14%**

Properties

Glycemic Index:91.21, Glycemic Load:9.54, Inflammation Score:-10, Nutrition Score:67.5056525417%

Flavonoids

Apigenin: 3.4mg, Apigenin: 3.4mg, Apigenin: 3.4mg, Apigenin: 3.4mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 1044.75kcal (52.24%), Fat: 55.07g (84.72%), Saturated Fat: 20.94g (130.89%), Carbohydrates: 73.11g (24.37%), Net Carbohydrates: 60.01g (21.82%), Sugar: 24.77g (27.52%), Cholesterol: 210.66mg (70.22%), Sodium: 3595.99mg (156.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.38g (144.76%), Vitamin A: 11526.57IU

(230.53%), Zinc: 23.23mg (154.87%), Vitamin B12: 8.17µg (136.19%), Vitamin B3: 25.17mg (125.87%), Vitamin B6: 2.4mg (120.22%), Vitamin C: 93.29mg (113.08%), Potassium: 3631.48mg (103.76%), Selenium: 68.73µg (98.18%), Iron: 16.3mg (90.55%), Phosphorus: 899.57mg (89.96%), Vitamin K: 89.63µg (85.36%), Vitamin B2: 1.1mg (64.76%), Manganese: 1.19mg (59.73%), Vitamin B1: 0.8mg (53.18%), Fiber: 13.1g (52.4%), Magnesium: 197.74mg (49.43%), Vitamin E: 7.36mg (49.09%), Copper: 0.96mg (48.15%), Calcium: 375.54mg (37.55%), Folate: 149.25µg (37.31%), Vitamin B5: 3.44mg (34.39%), Vitamin D: 0.39µg (2.59%)