



Beef Stew

 Dairy Free

READY IN



510 min.

SERVINGS



30

CALORIES



91 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds beef chuck cut into 1-inch chunks
- ☐ 1 tablespoon chipotles in adobo canned minced seeded
- ☐ 14.5 oz canned tomatoes diced with chilies, undrained canned
- ☐ 2 large carrots cut into large chunks
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1 teaspoon cumin
- ☐ 0.3 cup flour all-purpose

- ☐ 3 cloves garlic minced
- ☐ 2 cups beef broth low-sodium
- ☐ 1 large onion finely chopped
- ☐ 2 medium parsnips cut into large chunks
- ☐ 1 pound potatoes – remove skin cut in half
- ☐ 30 servings salt and pepper
- ☐ 1 tablespoon tomato paste
- ☐ 0.3 cup vegetable oil

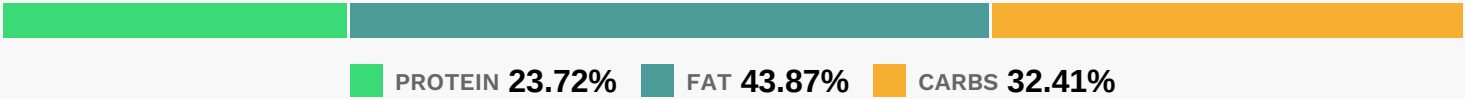
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place flour in a large ziplock bag.
- ☐ Add 1 tsp. salt, 1/2 tsp. pepper, cumin and chili powder; seal bag and shake.
- ☐ Add meat and shake to coat (work in batches if needed).
- ☐ Warm 2 Tbsp. oil in a skillet over medium-high heat.
- ☐ Add half of meat, shaking off excess flour mixture. Brown on all sides for 5 minutes total.
- ☐ Transfer to a slow cooker. Repeat with remaining meat. Discard all but 1 Tbsp. flour mixture.
- ☐ Add carrots, parsnips and potatoes to slow cooker.
- ☐ Add 1 Tbsp. oil to skillet; saut onion for 3 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Sprinkle reserved flour over onion mixture; stir.
- ☐ Add chipotle and tomato paste; cook 1 minute, stirring. Stir in broth and tomatoes; bring to a boil. Season with salt and pepper.
- ☐ Pour into slow cooker and stir.
- ☐ Cover; cook on low until meat and vegetables are tender, 7 to 8 hours.
- ☐ Sprinkle with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:2.07, Inflammation Score:-6, Nutrition Score:6.119565177223%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 91.29kcal (4.56%), Fat: 4.57g (7.03%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.21g (2.26%), Sugar: 1.85g (2.05%), Cholesterol: 15.65mg (5.22%), Sodium: 272.36mg (11.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Vitamin A: 866.05IU (17.32%), Zinc: 1.9mg (12.64%), Vitamin B12: 0.62µg (10.32%), Potassium: 288.42mg (8.24%), Vitamin B6: 0.16mg (8.11%), Selenium: 5.61µg (8.01%), Vitamin B3: 1.56mg (7.79%), Vitamin K: 8.05µg (7.67%), Manganese: 0.14mg (7%), Phosphorus: 69.89mg (6.99%), Vitamin C: 5.19mg (6.3%), Iron: 1mg (5.57%), Fiber: 1.39g (5.56%), Vitamin B1: 0.06mg (4.31%), Folate: 16.63µg (4.16%), Copper: 0.08mg (4.1%), Vitamin E: 0.6mg (4.02%), Magnesium: 15.41mg (3.85%), Vitamin B2: 0.06mg (3.7%), Vitamin B5: 0.31mg (3.1%), Calcium: 18.4mg (1.84%)