

MY FAMILY'S RECIPE
FOR HOPE IN HARD TIMES



HEALTH SCORE

100%

Beef Stew



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



668 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 pounds stew beef cubed
- ☐ 1 beef stock cube
- ☐ 6 carrots sliced
- ☐ 0.5 cup flour
- ☐ 1 clove garlic smashed
- ☐ 3 teaspoons olive oil
- ☐ 1 pound onions

- ☐ 1 package peas frozen
- ☐ 0.3 teaspoon pepper
- ☐ 3 medium size potatoes quartered
- ☐ 1 teaspoon salt

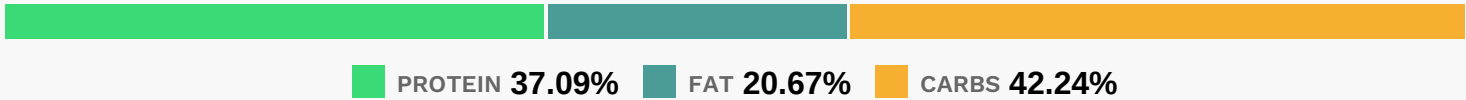
Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Mix flour, salt, and pepper in a bowl and coat each piece of beef with it.
- ☐ Heat olive oil or butter in a heavy pot or Dutch oven and brown the meat over moderate heat.
- ☐ Remove meat as necessary to brown remaining meat. Return all meat to the pot. Dissolve beef stock cube in 2 cups boiling water and add to pot with meat.
- ☐ Add bay leaf and garlic and bring to a boil. Lower heat, cover, and simmer slowly until the meat is tender.
- ☐ Add onions, carrots, and potatoes; stir to mix ingredients, and cook for 10 minutes.
- ☐ Add peas, and continue simmering until the meat and vegetables are tender, about 20 minutes.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Rolling Stone, Details, and other magazines. She lives in New Jersey with her husband, Nathan.

Nutrition Facts



Properties

Glycemic Index:84.73, Glycemic Load:37.13, Inflammation Score:-10, Nutrition Score:52.080869135649%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 24.34mg, Quercetin: 24.34mg, Quercetin: 24.34mg, Quercetin: 24.34mg

Nutrients (% of daily need)

Calories: 667.71kcal (33.39%), Fat: 15.21g (23.41%), Saturated Fat: 4.48g (28.02%), Carbohydrates: 69.96g (23.32%), Net Carbohydrates: 57.42g (20.88%), Sugar: 14.63g (16.25%), Cholesterol: 140.65mg (46.88%), Sodium: 1029.73mg (44.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.43g (122.86%), Vitamin A: 15838.82IU (316.78%), Vitamin B6: 2.35mg (117.7%), Vitamin B3: 20.49mg (102.46%), Selenium: 70.93µg (101.33%), Vitamin C: 74.01mg (89.7%), Zinc: 11.32mg (75.45%), Phosphorus: 741.03mg (74.1%), Vitamin B12: 4.21µg (70.1%), Potassium: 2103.83mg (60.11%), Vitamin B1: 0.77mg (51.14%), Fiber: 12.54g (50.17%), Manganese: 0.99mg (49.39%), Iron: 8.28mg (46.02%), Folate: 169.29µg (42.32%), Vitamin B2: 0.67mg (39.56%), Vitamin K: 38.03µg (36.22%), Magnesium: 141.39mg (35.35%), Copper: 0.63mg (31.63%), Vitamin B5: 2mg (20.03%), Calcium: 141.8mg (14.18%), Vitamin E: 1.86mg (12.39%)