



Beef Stew in Spicy Berbere Sauce

 **Gluten Free**

READY IN



140 min.

SERVINGS



6

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds boned beef chuck fat trimmed cut into 3/4-inch chunks
- ☐ 0.3 cup butter
- ☐ 14.5 oz canned tomatoes crushed canned
- ☐ 0.3 teaspoon ground cloves and allspice
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 teaspoon ground cumin and fenugreek
- ☐ 1 tablespoon ground paprika and cayenne (see notes)

- ☐ 0.5 teaspoon ground turmeric
- ☐ 2 medium onions quartered
- ☐ 6 servings salt

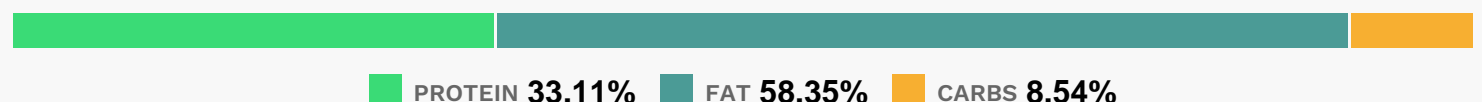
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ In a food processor, pulse onions until very finely diced (almost pureed).
- ☐ Melt butter in 4- to 5-quart pan over medium-high heat.
- ☐ Add onions and stir until browned, about 10 minutes.
- ☐ Add ginger, paprika, cayenne, cumin, fenugreek, turmeric, cinnamon, cardamom, cloves, and allspice; stir until fragrant, about 1 minute.
- ☐ Add tomatoes, wine, and beef; bring to a simmer, then cover, reduce heat, and simmer, stirring occasionally, until beef is very tender when pierced, about 2 hours.
- ☐ Add salt to taste.
- ☐ Berbere: This heady spice mixture is the basis for all Ethiopian cooking. It can feature clove, cayenne, ginger, cumin, turmeric, and cinnamon, among other spices. Ground fenugreek seeds, which add a mildly sweet flavor, are also typical. Buy them at Middle Eastern markets or from Penzeys Spices (\$09 per 1/4-cup jar; www.penzeys.com).
- ☐ Injera: Authentic injera is made from fermented teff, a grain common in Ethiopia. The bread's spongy, bubbly texture is similar to that of a pancake. If authenticity is your aim, you can buy teff flour from Abyssinian Market (\$25 for 5 lb.; www.abysinnianmarket.com).
- ☐ Tej: This Ethiopian honey wine is the traditional match for spicy stews, but few retailers in the United States carry authentic imported tej. You can buy a bottle at many Ethiopian restaurants, but an accessible alternative is off-dry Riesling, which pairs beautifully with the spicy beef stew. Our favorite: Sptlese Rieslings from Germany's Mosel region.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:2.23, Inflammation Score:-9, Nutrition Score:25.770869680073%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 459.19kcal (22.96%), Fat: 29.86g (45.93%), Saturated Fat: 14.47g (90.47%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 7.38g (2.68%), Sugar: 4.73g (5.26%), Cholesterol: 150.74mg (50.25%), Sodium: 501.4mg (21.8%), Alcohol: 1.05g (100%), Alcohol %: 0.42% (100%), Protein: 38.13g (76.25%), Zinc: 14.55mg (96.99%), Vitamin B12: 5.18µg (86.26%), Selenium: 39.74µg (56.76%), Vitamin B3: 9.21mg (46.04%), Vitamin B6: 0.9mg (45.13%), Phosphorus: 398.29mg (39.83%), Iron: 5.46mg (30.31%), Potassium: 926.51mg (26.47%), Vitamin B2: 0.34mg (19.95%), Vitamin A: 987.96IU (19.76%), Magnesium: 57.81mg (14.45%), Vitamin B5: 1.44mg (14.38%), Manganese: 0.29mg (14.38%), Copper: 0.27mg (13.51%), Vitamin B1: 0.2mg (13.34%), Vitamin E: 1.81mg (12.06%), Vitamin C: 9.15mg (11.1%), Fiber: 2.45g (9.82%), Vitamin K: 8.37µg (7.97%), Calcium: 73.04mg (7.3%), Folate: 22.65µg (5.66%), Vitamin D: 0.19µg (1.26%)