



Beef Stew in Tomato Sauce (Estofado de Res)

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



870 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef) boneless for stew (cut into 2" x 2" cubes
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons all purpose flour
- ☐ 1 garlic clove minced ()
- ☐ 1 cup onion white chopped
- ☐ 2 large carrots (slice crosswise)
- ☐ 0.5 teaspoon salt
- ☐ 4 cups beef stock

- ☐ 1 bay leaf
- ☐ 1 cup tomato sauce
- ☐ 0.3 teaspoon cumin powder
- ☐ 2 large potatoes (peeled cut into small chunks)

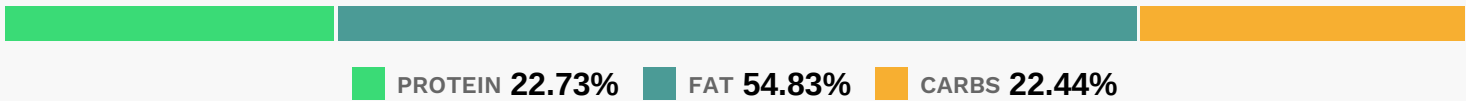
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large pot over medium heat.
- ☐ Add the onions, garlic and cook for about 4 minutes or until the onions are translucent.
- ☐ Coat the beef chunks with the flour and add to the pot, stirring occasionally, until lightly browned.
- ☐ Add the tomato sauce, beef stock, bay leaf, salt, cumin powder and bring to a boil, then reduce the heat to medium low, cover and let it cook for about 1 hour and 10 minutes or until the meat is tender.
- ☐ Add the potatoes and carrots. Cover and cook for an additional 30 minutes or until the potatoes and carrots are tender.
- ☐ Serve with white rice.

Nutrition Facts



Properties

Glycemic Index:78.15, Glycemic Load:28.76, Inflammation Score:-10, Nutrition Score:41.610869231431%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg

Nutrients (% of daily need)

Calories: 870.21kcal (43.51%), Fat: 52.92g (81.42%), Saturated Fat: 18.63g (116.46%), Carbohydrates: 48.73g (16.24%), Net Carbohydrates: 41.93g (15.25%), Sugar: 8.34g (9.26%), Cholesterol: 161.03mg (53.68%), Sodium: 1246.09mg (54.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.36g (98.73%), Vitamin A: 6287.06IU (125.74%), Vitamin B12: 4.85µg (80.89%), Vitamin B6: 1.58mg (78.92%), Vitamin B3: 14.86mg (74.32%), Zinc: 10.75mg (71.7%), Potassium: 2198.05mg (62.8%), Phosphorus: 584.49mg (58.45%), Selenium: 39.44µg (56.35%), Vitamin C: 45.97mg (55.73%), Iron: 7.55mg (41.95%), Vitamin B2: 0.7mg (41.44%), Magnesium: 116.81mg (29.2%), Copper: 0.57mg (28.44%), Vitamin B1: 0.41mg (27.53%), Fiber: 6.8g (27.21%), Manganese: 0.52mg (25.93%), Vitamin K: 26.99µg (25.71%), Vitamin B5: 2.04mg (20.42%), Folate: 77.09µg (19.27%), Vitamin E: 2.66mg (17.75%), Calcium: 115.29mg (11.53%), Vitamin D: 0.23µg (1.51%)