



 **55%**
HEALTH SCORE

Beef Stew with Ghoulish Mashed Potatoes

READY IN



510 min.

SERVINGS



6

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds stew meat cut into 1-inch cubes
- 1 pound mushrooms fresh halved
- 1 pound mushrooms fresh halved
- 2 cups baby carrots fresh
- 2 medium parsnips peeled halved lengthwise sliced
- 2 medium onion chopped
- 1.5 cups beef broth
- 3 tablespoons tomato paste
- 1 tablespoon worcestershire sauce

- 2 garlic clove minced
- 0.5 teaspoon ground cloves
- 0.3 teaspoon pepper
- 2.3 pounds potatoes cubed peeled
- 0.7 cup cream sour
- 6 tablespoons butter cubed
- 1 teaspoon salt divided
- 1 cup peas frozen
- 2 tablespoons flour all-purpose
- 2 tablespoons water

Equipment

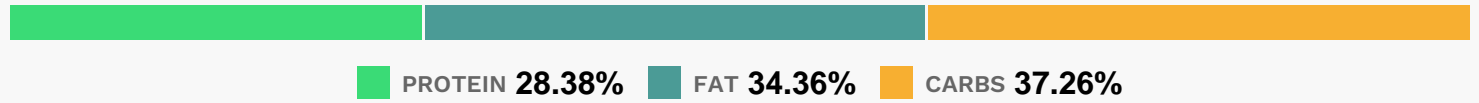
- bowl
- frying pan
- sauce pan
- whisk
- ziploc bags
- slow cooker

Directions

- In a 5-qt. slow cooker, combine the first 11 ingredients. Cover and cook on low for 8-9 hours or until beef and vegetables are tender.
- About 30 minutes before serving, place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until tender.
- Drain. Return potatoes to pan; add the sour cream, butter and 1/2 teaspoon salt. Mash until smooth.
- Set aside 12 peas for garnish.
- Add remaining peas to the slow cooker. Increase heat to high. In a bowl, whisk the flour, water and remaining salt until smooth; stir into stew. Cover and cook for 5 minutes or until thickened.

- Divide stew among six bowls.
- Place mashed potatoes in large resealable plastic bag; cut a 2-in. hole in one corner. Pipe ghost potatoes onto stew; garnish with reserved peas.

Nutrition Facts



Properties

Glycemic Index:83.85, Glycemic Load:30.88, Inflammation Score:-10, Nutrition Score:50.413043478261%

Flavonoids

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: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

Nutrients (% of daily need)

Calories: 643.87kcal (32.19%), Fat: 25.05g (38.54%), Saturated Fat: 12.62g (78.89%), Carbohydrates: 61.13g (20.38%), Net Carbohydrates: 49.48g (17.99%), Sugar: 13.96g (15.52%), Cholesterol: 138.92mg (46.31%), Sodium: 953.64mg (41.46%), Protein: 46.55g (93.1%), Vitamin A: 6706.99IU (134.14%), Vitamin B3: 19.6mg (98.01%), Vitamin B6: 1.89mg (94.48%), Selenium: 61.35µg (87.65%), Vitamin C: 62.86mg (76.19%), Phosphorus: 684.47mg (68.45%), Potassium: 2327.46mg (66.5%), Vitamin B2: 1.08mg (63.49%), Zinc: 8.52mg (56.77%), Manganese: 1.04mg (52.04%), Copper: 1.03mg (51.49%), Vitamin B12: 2.98µg (49.62%), Fiber: 11.66g (46.63%), Vitamin B5: 4.14mg (41.4%), Iron: 7.04mg (39.1%), Vitamin B1: 0.58mg (38.69%), Folate: 151.4µg (37.85%), Magnesium: 130.56mg (32.64%), Vitamin K: 29.64µg (28.23%), Calcium: 143.84mg (14.38%), Vitamin E: 2.08mg (13.87%), Vitamin D: 0.3µg (2.02%)