



Beef Stew with Leeks

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds stew meat cut into 1 1/2-inch chunks
- 3 tablespoons cooking oil extra-virgin (90 percent canola, 10 percent olive)
- 1 carrots finely chopped
- 1 stalk celery finely chopped
- 2 cinnamon sticks
- 1 bay leaves dried fresh
- 4 servings kosher salt black
- 1 large water thick washed cold drained cut into rounds, well in water,

- 4 servings olive oil extra virgin extra-virgin
- 0.5 large onion sweet spanish finely chopped
- 4 servings orange zest grated
- 1 tablespoon parsley roughly chopped
- 0.5 cup red wine
- 2 tablespoons red wine vinegar
- 1 large sprig rosemary
- 1 sprig sage
- 1 sprig thyme leaves
- 2 tablespoons tomato paste
- 3 cups water

Equipment

- frying pan
- dutch oven

Directions

- Place a large, heavy pot or Dutch oven over medium-high heat and add the blended oil. Season the beef aggressively with kosher salt and pepper. When the oil is hot, add the beef and sear on all sides, 5 to 6 minutes.
- Add all the chopped vegetables to the pan with the beef and sauté for 2 minutes.
- Add the tomato paste and stir for 1 minute. Deglaze the pan with the red wine and red wine vinegar, and let them reduce completely away.
- Add 3 cups of the water, 2 teaspoons salt and a generous grinding of pepper, the bay leaves, rosemary, thyme, sage, and cinnamon. Bring to a boil, then reduce the heat to low and partially cover the pan. Simmer gently for about an hour. Check and, if the mixture is dry, add another cup or two of water. Keep simmering for 15 to 40 minutes more, until the meat is tender and the braising liquid has reduced to a saucy consistency.
- Remove the bay leaves and cinnamon sticks.
- Transfer to a platter and drizzle with a little extra-virgin olive oil, and scatter with a little orange zest and the parsley.

From How to Roast a Lamb: New Greek Classic Cooking by Michael Psilakis with Brigit Binns and Ellen Shapiro. Copyright © 2009 by Michael Psilakis; photographs copyright © 2009 by Christopher Hirsheimer. Published by Little, Brown and Company.

Nutrition Facts

PROTEIN 35.77% FAT 56.06% CARBS 8.17%

Properties

Glycemic Index:72.71, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:36.04347826087%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 2.5mg, Apigenin: 2.5mg, Apigenin: 2.5mg, Apigenin: 2.5mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 605.36kcal (30.27%), Fat: 35.94g (55.3%), Saturated Fat: 6.59g (41.2%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 8.2g (2.98%), Sugar: 4.14g (4.6%), Cholesterol: 140.61mg (46.87%), Sodium: 418.17mg (18.18%), Alcohol: 3.18g (100%), Alcohol %: 0.72% (100%), Protein: 51.61g (103.21%), Selenium: 63.75µg (91.07%), Vitamin B6: 1.62mg (81.21%), Vitamin B3: 16.02mg (80.12%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.73mg (64.88%), Vitamin A: 2869.59IU (57.39%), Phosphorus: 525.23mg (52.52%), Vitamin K: 41.68µg (39.7%), Vitamin E: 5.09mg (33.95%), Copper: 0.65mg (32.3%), Iron: 5.71mg (31.73%), Potassium: 1060.58mg (30.3%), Vitamin C: 23.13mg (28.04%), Vitamin B2: 0.42mg (24.78%), Manganese: 0.49mg (24.36%), Magnesium: 75.02mg (18.76%), Vitamin B1: 0.26mg (17.5%), Fiber: 3.58g (14.32%), Folate: 52.22µg (13.05%), Vitamin B5: 1.19mg (11.86%), Calcium: 112.3mg (11.23%)