



Beef Stew with Peppers

 Dairy Free

READY IN



495 min.

SERVINGS



8

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds beef chuck boneless cut into 1 1/2-inch pieces
- ☐ 14.5 oz canned tomatoes diced drained canned
- ☐ 2 tablespoons capers rinsed
- ☐ 3 cloves garlic finely chopped
- ☐ 2 tablespoons .3 oz. of pearl tapioca instant
- ☐ 2 onions finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 3 bell peppers red cored seeded cut into 1/2-inch strips

- ☐ 8 servings salt
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

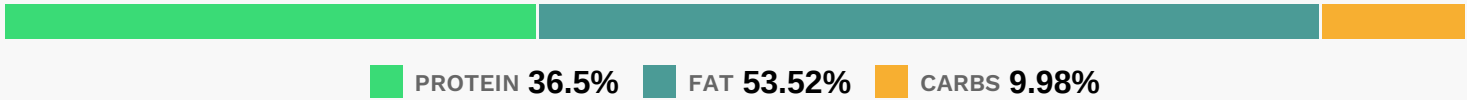
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Sprinkle beef with salt. Warm 1 Tbsp. oil in a large skillet and brown beef, in batches if necessary, on all sides, about 8 minutes total.
- ☐ Transfer to a slow cooker.
- ☐ Add remaining oil and onions to skillet and cook until softened, 3 to 5 minutes. Stir in garlic and cook 1 minute.
- ☐ Add to slow cooker. Stir in tomatoes, peppers, oregano, soy sauce and tapioca.
- ☐ Cover and cook on low until meat is fork-tender, 7 to 8 hours. Stir in capers, season with salt if necessary and serve.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:2.32, Inflammation Score:-9, Nutrition Score:32.974782394326%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 493.24kcal (24.66%), Fat: 29.78g (45.81%), Saturated Fat: 12.02g (75.14%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 9.88g (3.59%), Sugar: 5.41g (6.01%), Cholesterol: 156.49mg (52.16%), Sodium: 755.21mg

(32.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.7g (91.4%), Zinc: 17.4mg (115.99%), Vitamin B12: 6.19µg (103.19%), Vitamin C: 64.32mg (77.97%), Selenium: 47.44µg (67.77%), Vitamin B6: 1.13mg (56.73%), Vitamin B3: 11.11mg (55.57%), Phosphorus: 472.81mg (47.28%), Iron: 5.89mg (32.72%), Vitamin A: 1544.83IU (30.9%), Potassium: 1055.87mg (30.17%), Vitamin B2: 0.41mg (24.3%), Vitamin B5: 1.74mg (17.37%), Magnesium: 64.89mg (16.22%), Vitamin K: 16.74µg (15.94%), Vitamin B1: 0.23mg (15.38%), Vitamin E: 2.13mg (14.17%), Copper: 0.27mg (13.47%), Manganese: 0.26mg (12.9%), Fiber: 2.61g (10.44%), Folate: 41.13µg (10.28%), Calcium: 73.32mg (7.33%), Vitamin D: 0.23µg (1.51%)