



Beef Stew with Potatoes and Carrots



Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 5 pounds beef chuck boneless lean cut into 2-inch pieces (not)
- ☐ 1.5 pounds carrots
- ☐ 3 carrots quartered
- ☐ 3 rib celery stalks quartered
- ☐ 12 servings top
- ☐ 750 ml wine dry red ()
- ☐ 1 head garlic halved

- ☐ 3 cups beef broth reduced-sodium
- ☐ 3 tablespoons olive oil
- ☐ 2 medium onion quartered
- ☐ 2 thyme sprigs
- ☐ 3 tablespoons tomato paste
- ☐ 2 turkish bay leaf
- ☐ 3 cups water
- ☐ 2.5 pounds potato white boiling

Equipment

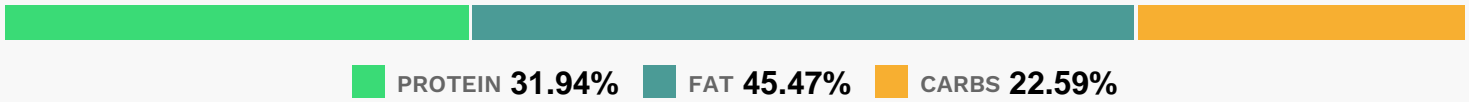
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ colander

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Pat beef dry and season with 2 1/2 teaspoons salt and 1 teaspoon pepper.
- ☐ Heat oil in pot over medium-high heat until it shimmers, then brown meat, without crowding, in 3 batches, turning, about 8 minutes per batch.
- ☐ Transfer to a platter.
- ☐ Reduce heat to medium, then add carrots, celery, onions, and garlic and cook, stirring occasionally, until well browned, about 12 minutes.
- ☐ Push vegetables to one side of pot.
- ☐ Add tomato paste to cleared area and cook paste, stirring, 2 minutes, then stir into vegetables.
- ☐ Add vinegar and cook, stirring, 2 minutes.
- ☐ Stir in wine, bay leaves, and thyme and boil until wine is reduced by about two thirds, 10 to 12 minutes.

- ☐ Add broth to pot along with water, beef, and any juices from platter and bring to a simmer. Cover and braise in oven until meat is very tender, about 2 1/2 hours.
- ☐ Set a large colander in a large bowl.
- ☐ Pour stew into colander. Return pieces of meat to pot, then discard remaining solids.
- ☐ Let cooking liquid stand 10 minutes.
- ☐ While beef braises, peel potatoes and cut into 1/2-inch-wide wedges. Slice carrots diagonally (1-inch).
- ☐ Add potatoes and carrots to stew (make sure they are submerged) and simmer, uncovered, stirring occasionally, until potatoes and carrots are tender, about 40 minutes.
- ☐ Stew improves in flavor if made at least 1 day ahead. Chill (covered once cool) up to 5 days. Reheat, covered, over medium heat or in a 350°F oven.

Nutrition Facts



Properties

Glycemic Index:33.6, Glycemic Load:4.16, Inflammation Score:-10, Nutrition Score:32.719565173854%

Flavonoids

Petunidin: 2.1mg, Petunidin: 2.1mg, Petunidin: 2.1mg, Petunidin: 2.1mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg Peonidin: 1.17mg, Peonidin: 1.17mg, Peonidin: 1.17mg, Peonidin: 1.17mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 546.45kcal (27.32%), Fat: 25.58g (39.35%), Saturated Fat: 10.09g (63.05%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 24.39g (8.87%), Sugar: 7.03g (7.81%), Cholesterol: 130.41mg (43.47%), Sodium: 373.37mg (16.23%), Alcohol: 6.66g (100%), Alcohol %: 1.47% (100%), Protein: 40.43g (80.86%), Vitamin A: 12122.64IU (242.45%), Zinc: 14.81mg (98.71%), Vitamin B12: 5.16µg (85.99%), Selenium: 40.4µg (57.71%), Vitamin B6: 1.05mg (52.27%), Vitamin B3: 10.18mg (50.89%), Phosphorus: 454.89mg (45.49%), Potassium: 1495.25mg (42.72%), Iron: 5.18mg (28.78%), Vitamin B2: 0.36mg (21.41%), Vitamin C: 15.61mg (18.93%), Vitamin B1: 0.27mg (18.1%),

Magnesium: 71.51mg (17.88%), Manganese: 0.35mg (17.44%), Vitamin K: 17.83µg (16.98%), Fiber: 4.2g (16.8%),
Vitamin B5: 1.67mg (16.67%), Copper: 0.32mg (15.85%), Folate: 41.81µg (10.45%), Vitamin E: 1.53mg (10.18%),
Calcium: 80.36mg (8.04%), Vitamin D: 0.19µg (1.26%)