



## Beef Stew with Potatoes and Carrots

 Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



540 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 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

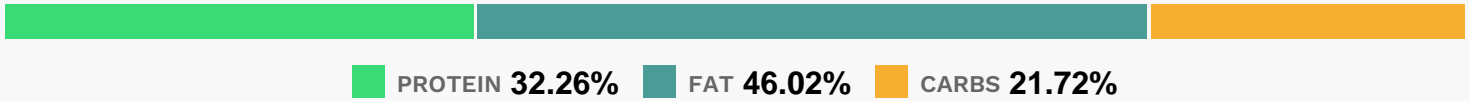
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ colander

## 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:29.69, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:32.09565221745%

## 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: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

## Nutrients (% of daily need)

Calories: 540.2kcal (27.01%), Fat: 25.54g (39.3%), Saturated Fat: 10.08g (63.02%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 23.36g (8.49%), Sugar: 6.3g (7%), Cholesterol: 130.41mg (43.47%), Sodium: 362.84mg (15.78%), Alcohol: 6.66g (100%), Alcohol %: 1.51% (100%), Protein: 40.29g (80.57%), Vitamin A: 9574.97IU (191.5%), Zinc: 14.77mg (98.47%), Vitamin B12: 5.16µg (85.99%), Selenium: 40.38µg (57.69%), Vitamin B6: 1.02mg (51.22%), Vitamin B3: 10.03mg (50.14%), Phosphorus: 449.55mg (44.96%), Potassium: 1446.45mg (41.33%), Iron: 5.13mg (28.53%), Vitamin B2: 0.36mg (20.89%), Vitamin C: 14.72mg (17.84%), Vitamin B1: 0.26mg (17.43%), Magnesium: 69.68mg (17.42%), Manganese: 0.33mg (16.35%), Vitamin B5: 1.63mg (16.26%), Copper: 0.31mg (15.5%), Fiber: 3.77g (15.09%), Vitamin K: 15.82µg (15.06%), Folate: 38.91µg (9.73%), Vitamin E: 1.43mg (9.51%), Calcium: 75.33mg (7.53%), Vitamin D: 0.19µg (1.26%)