



## Beef Stew with Root Vegetables

READY IN



195 min.

SERVINGS



8

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 cups beef broth as needed
- 2 pounds beef stew meat
- 1 can bottle beer
- 8 servings pepper black freshly ground
- 1 tablespoon butter
- 2 carrots roughly sliced
- 2 tablespoons flour all-purpose
- 8 servings parsley fresh minced for garnish
- 3 cloves garlic minced

- 0.5 teaspoon kosher salt
- 3 tablespoons olive oil
- 1 medium onion diced
- 0.5 teaspoon paprika
- 2 parsnips roughly sliced
- 1.5 teaspoons sugar
- 2 tablespoons tomato paste
- 1 small turnip roughly sliced
- 1 tablespoon worcestershire sauce

## Equipment

- frying pan

## Directions

- Watch how to make this recipe.
- Heat the oil and butter in a pan and brown the beef.
- Remove the beef from the pan, throw in the garlic and onions and cook until softened, about 3 minutes.
- Pour in the beer, beef broth, Worcestershire sauce, tomato paste, sugar, paprika, salt and some pepper. Then return the beef to the pan, cover and simmer on a low heat until the meat is very tender, 1 1/2 to 2 hours. If the liquid level gets too low, add more broth as needed.
- Add the carrots, parsnips and turnips and continue to simmer until the vegetables are tender and the liquid is reduced, about 30 minutes.
- If the stew is still too liquidy, remove a cup of cooking liquid from the pan and stir in the flour.
- Add the flour mixture back into the pan and stir. Simmer for 10 minutes until the stew is thick. The meat should be very tender; if it's tough, let it continue to cook.
- To finish, add the parsley and stir through the stew.

## Nutrition Facts



■ PROTEIN 38.63% ■ FAT 39.54% ■ CARBS 21.83%

## Properties

Glycemic Index:73.55, Glycemic Load:6.29, Inflammation Score:-9, Nutrition Score:24.946521987086%

## Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 306.55kcal (15.33%), Fat: 12.83g (19.74%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 12.8g (4.65%), Sugar: 4.97g (5.52%), Cholesterol: 74.07mg (24.69%), Sodium: 750.25mg (32.62%), Alcohol: 1.74g (100%), Alcohol %: 0.59% (100%), Protein: 28.2g (56.39%), Vitamin K: 81.8µg (77.91%), Vitamin A: 3053.53IU (61.07%), Selenium: 34.41µg (49.16%), Vitamin B3: 9.62mg (48.09%), Vitamin B6: 0.88mg (44.11%), Vitamin B12: 2.19µg (36.56%), Zinc: 5.14mg (34.25%), Phosphorus: 316.16mg (31.62%), Potassium: 783.19mg (22.38%), Vitamin C: 16.93mg (20.52%), Iron: 3.53mg (19.6%), Manganese: 0.36mg (18.17%), Vitamin B2: 0.28mg (16.34%), Folate: 62.75µg (15.69%), Vitamin E: 2.06mg (13.75%), Magnesium: 52.65mg (13.16%), Vitamin B1: 0.19mg (12.62%), Fiber: 3.14g (12.54%), Copper: 0.21mg (10.59%), Vitamin B5: 0.89mg (8.86%), Calcium: 67.81mg (6.78%)