

# Beef Stewganoff

 Gluten Free

READY IN



165 min.

SERVINGS



10

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 slices bacon diced
- 2 bay leaves
- 2.5 pounds beef stew meat cubed to taste
- 32 ounce carton beef stock
- 2 carrots chopped
- 3 stalks celery chopped
- 10.8 ounce cream of mushroom soup canned
- 1 teaspoon thyme leaves dried

- 2 tablespoons rosemary fresh chopped
- 3 cloves garlic chopped
- 1 pinch salt and ground pepper black to taste
- 1 tablespoon olive oil
- 2 onions chopped
- 1 tablespoon paprika
- 10 ounce peas frozen
- 0.5 pound potatoes chopped to taste
- 0.8 cup cup heavy whipping cream sour
- 1 tablespoon tomato paste
- 2 tablespoons worcestershire sauce

## Equipment

- bowl
- paper towels
- pot
- slotted spoon
- dutch oven

## Directions

- Heat olive oil in a Dutch oven or large soup pot over medium heat. Cook bacon in hot oil until crispy and the fat is rendered, about 10 minutes.
- Remove bacon with a slotted spoon to a plate lined with paper towels.
- Season beef with salt and pepper. Cook and stir about half the beef in the reserved drippings until completely browned, 5 to 7 minutes; remove browned beef with a slotted spoon to a bowl. Cook and stir remaining beef in the pot until completely browned, another 5 to 7 minutes; remove browned beef to the bowl.
- Let the drippings retained in the pot get hot before stirring onions, carrots, celery, and bay leaves into the drippings; cook and stir until the vegetables are hot, 3 to 4 minutes.

- Add potatoes and garlic; continue cooking and stirring until the vegetables are tender, 3 to 4 minutes more. Stir Worcestershire sauce and tomato paste through the vegetable mixture; cook until the paste begins to blend into the mixture, 1 to 2 minutes.
- Pour the bowl with the browned beef and its juices into the pot; stir to mix with the vegetables.
- Add beef stock, mushroom soup, and sour cream to the beef mixture; season with rosemary, paprika, and thyme. Stir the mixture to combine.
- Bring the stew to a boil, cover the pot with a lid, and reduce heat to medium-low; cook the stew at a simmer for 90 minutes. Stir the peas into the stew and continue cooking until the beef is tender, about 30 minutes more.
- Remove and discard bay leaves.
- Garnish with the bacon to serve.

## Nutrition Facts

**PROTEIN 36.45%** **FAT 45.03%** **CARBS 18.52%**

### Properties

Glycemic Index:35.59, Glycemic Load:5.1, Inflammation Score:-9, Nutrition Score:24.947825834803%

### Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

### Nutrients (% of daily need)

Calories: 373.11kcal (18.66%), Fat: 18.51g (28.48%), Saturated Fat: 6.68g (41.72%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 13.61g (4.95%), Sugar: 5.15g (5.72%), Cholesterol: 93.62mg (31.21%), Sodium: 660.4mg (28.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.71g (67.42%), Vitamin A: 2812.49IU (56.25%), Selenium: 37.7µg (53.86%), Vitamin B3: 10.63mg (53.13%), Vitamin B6: 1.06mg (52.76%), Zinc: 6.04mg (40.26%), Phosphorus: 383.74mg (38.37%), Vitamin B12: 2.27µg (37.85%), Potassium: 983.07mg (28.09%), Vitamin C: 19.91mg (24.13%), Vitamin B2: 0.41mg (23.98%), Iron: 4.14mg (22.99%), Vitamin B1: 0.32mg (21.06%), Manganese: 0.37mg (18.29%), Copper: 0.34mg (17.16%), Vitamin K: 17.75µg (16.91%), Magnesium: 62.3mg (15.58%), Fiber: 3.51g (14.05%), Folate: 54.18µg (13.55%), Vitamin B5: 0.92mg (9.23%), Calcium: 82.85mg (8.28%), Vitamin E: 1.13mg (7.55%)