



HEALTH SCORE

80%

Beef-Vegetable Ragout with Soft Polenta



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce tender baby carrots whole drained canned
- ☐ 1 bay leaf
- ☐ 28.5 ounce beef broth fat-free canned
- ☐ 0.8 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon garlic salt

- ☐ 15.3 ounce no-salt-added peas sweet canned
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 8 servings polenta soft
- ☐ 2 pounds boned round steak lean cut into 1-inch cubes
- ☐ 1 cup no-salt-added tomato sauce divided
- ☐ 2 cups water
- ☐ 15 ounce potatoes whole white halved drained canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine steak and 2 tablespoons flour in a large zip-top plastic bag. Seal; toss to coat.
- ☐ Remove steak from bag.
- ☐ Place a large Dutch oven coated with cooking spray over medium-high heat until hot.
- ☐ Add steak and onion; cook 2 minutes on all sides or until steak is browned.
- ☐ Add 1/2 cup tomato sauce, water, and next 6 ingredients (water through bay leaf); bring to a boil. Cover, reduce heat, and simmer 45 minutes or until steak is tender, stirring occasionally. Discard bay leaf.
- ☐ Combine 1/2 cup tomato sauce and 1/3 cup flour in a bowl, and stir well.
- ☐ Add tomato sauce mixture, peas, potatoes, and carrots to steak mixture in pan; bring to a boil. Cover, reduce heat, and simmer 5 minutes or until thick, stirring occasionally.
- ☐ Serve over Soft Polenta.

Nutrition Facts



Properties

Glycemic Index:50.97, Glycemic Load:11.66, Inflammation Score:-10, Nutrition Score:35.836522050526%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 627.33kcal (31.37%), Fat: 33.85g (52.08%), Saturated Fat: 7.61g (47.58%), Carbohydrates: 42.75g (14.25%), Net Carbohydrates: 36.12g (13.13%), Sugar: 10.64g (11.83%), Cholesterol: 71.44mg (23.81%), Sodium: 788.77mg (34.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.51g (85.02%), Vitamin A: 7491.75IU (149.84%), Vitamin B3: 17.42mg (87.1%), Vitamin B6: 1.29mg (64.47%), Selenium: 40.39µg (57.7%), Manganese: 1.12mg (55.83%), Phosphorus: 520.48mg (52.05%), Zinc: 6.67mg (44.49%), Vitamin E: 5.72mg (38.15%), Magnesium: 150.56mg (37.64%), Vitamin B12: 2.21µg (36.9%), Potassium: 1248.48mg (35.67%), Iron: 5.34mg (29.66%), Folate: 107.06µg (26.76%), Fiber: 6.63g (26.53%), Copper: 0.53mg (26.27%), Vitamin B2: 0.41mg (24.17%), Vitamin B1: 0.34mg (22.35%), Vitamin B5: 1.93mg (19.29%), Vitamin C: 15.55mg (18.85%), Vitamin K: 10.76µg (10.25%), Calcium: 93.49mg (9.35%)