



Beefy Stew

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



1214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds beef steaks cut into 1-inch pieces
- 2 tablespoons flour all-purpose
- 4 servings pepper black
- 0.5 cup beef broth swanson®
- 17.3 ounce puff pastry pepperidge farm®
- 18.6 ounce savory vegetable canned
- 0.3 cup vegetable oil

Equipment

- bowl
- baking sheet
- oven
- pot

Directions

- Thaw pastry sheet at room temperature 30 minutes. Preheat oven to 425 degrees F.
- Unfold pastry sheet on lightly floured surface.
- Cut pastry into 4 (4-inch) rounds.
- Place rounds on baking sheet.
- Bake 12 minutes or until golden. Set aside and keep warm.
- Sprinkle beef with black pepper. Coat beef with flour.
- Heat oil in saucepot.
- Add beef and cook until browned.
- Add soup and broth.
- Heat to a boil. Cook over medium heat 15 minutes or until beef is done and sauce is slightly thickened. Season to taste.
- Divide stew among 4 (12-ounce) bowls. Top each with pastry round.

Nutrition Facts



PROTEIN 16.22% **FAT 58.84%** **CARBS 24.94%**

Properties

Glycemic Index:52, Glycemic Load:37.63, Inflammation Score:-10, Nutrition Score:39.387826504915%

Nutrients (% of daily need)

Calories: 1214.26kcal (60.71%), Fat: 79.66g (122.55%), Saturated Fat: 21.36g (133.48%), Carbohydrates: 75.97g (25.32%), Net Carbohydrates: 68.73g (24.99%), Sugar: 0.92g (1.02%), Cholesterol: 122.47mg (40.82%), Sodium: 524.41mg (22.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.42g (98.83%), Vitamin A: 6695.86IU (133.92%), Selenium: 73.49µg (104.98%), Vitamin B3: 17.31mg (86.55%), Vitamin B6: 1.2mg (60.02%), Vitamin B1: 0.82mg (54.75%), Zinc: 7.82mg (52.13%), Phosphorus: 497.45mg (49.74%), Manganese: 0.98mg (49.02%), Vitamin

K: 47.35µg (45.1%), Iron: 7.35mg (40.83%), Folate: 159.46µg (39.86%), Vitamin B2: 0.66mg (39.11%), Vitamin B12: 2.09µg (34.87%), Fiber: 7.24g (28.95%), Potassium: 989.43mg (28.27%), Magnesium: 89.67mg (22.42%), Copper: 0.42mg (21.02%), Vitamin C: 13.71mg (16.62%), Vitamin E: 2.38mg (15.84%), Vitamin B5: 1.23mg (12.29%), Calcium: 85.35mg (8.53%)