



Beer-and-Soy Braised Beef

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef stew meat
- ☐ 2 cups carrots sliced
- ☐ 1 stick cinnamon 3-inch
- ☐ 6 cups couscous hot cooked
- ☐ 12 ounce beer dark
- ☐ 2 slices gingerroot thin
- ☐ 2 green onions
- ☐ 2 cups leek sliced 2 medium

- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 teaspoon pepper white

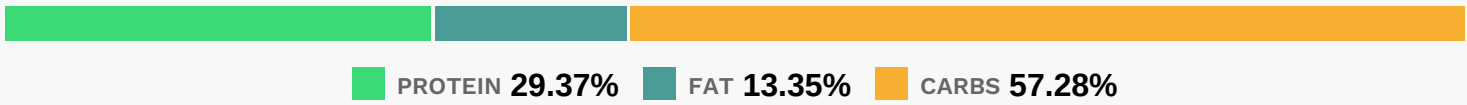
Equipment

- ☐ dutch oven

Directions

- ☐ Trim fat from meat; cut meat into 3/4-inch cubes, and sprinkle with pepper.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add meat, and cook 3 minutes or until browned, stirring frequently.
- ☐ Add soy sauce and next 4 ingredients (soy sauce through cinnamon); stir in star anise, if desired, and bring to a boil. Cover meat mixture, reduce heat, and simmer 1 hour.
- ☐ Add carrot and leek; cook, uncovered, an additional 30 minutes or until vegetables are tender. Discard gingerroot, green onions, cinnamon, and star anise.
- ☐ Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:39.39, Glycemic Load:25.7, Inflammation Score:-10, Nutrition Score:24.003913070845%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 356.34kcal (17.82%), Fat: 4.99g (7.67%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 48.15g (16.05%), Net Carbohydrates: 43.72g (15.9%), Sugar: 3.49g (3.88%), Cholesterol: 46.87mg (15.62%), Sodium: 376.62mg

(16.37%), Alcohol: 2.21g (100%), Alcohol %: 0.75% (100%), Protein: 24.69g (49.38%), Vitamin A: 7664.04IU (153.28%), Selenium: 64.88µg (92.69%), Vitamin B3: 7.61mg (38.03%), Vitamin B6: 0.75mg (37.26%), Vitamin K: 30.48µg (29.03%), Zinc: 3.79mg (25.26%), Manganese: 0.5mg (24.9%), Phosphorus: 245.84mg (24.58%), Vitamin B12: 1.41µg (23.5%), Fiber: 4.43g (17.73%), Folate: 70.07µg (17.52%), Iron: 3.15mg (17.49%), Potassium: 598.64mg (17.1%), Vitamin B1: 0.22mg (14.92%), Vitamin B2: 0.23mg (13.77%), Magnesium: 54.56mg (13.64%), Vitamin B5: 1.13mg (11.25%), Copper: 0.21mg (10.38%), Vitamin C: 6.9mg (8.37%), Vitamin E: 1.12mg (7.45%), Calcium: 72.23mg (7.22%)