



Belgian Beef Stew

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon diced
- ☐ 2 bay leaves
- ☐ 1.5 cups beef broth
- ☐ 3 slices bread country-style
- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup cognac
- ☐ 12 ounce beer dark canned
- ☐ 3 tablespoons dijon mustard

- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons olive oil
- ☐ 2 large onions sliced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 4 pounds top round boneless cut into 2-inch pieces

Equipment

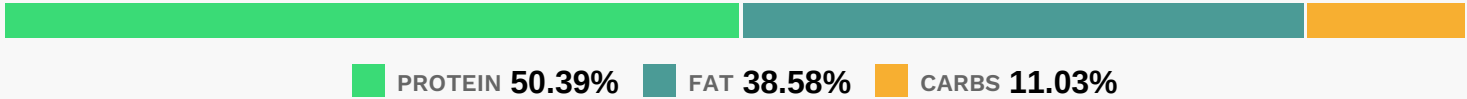
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cook the bacon in a Dutch oven or ovenproof stockpot until brown and crisp.
- ☐ Remove with a slotted spoon and set aside.
- ☐ Add the olive oil to the fat remaining in the Dutch oven.
- ☐ Heat over medium-high heat. Pat the meat dry with paper towels and brown very well, a few pieces at a time (don't crowd the Dutch oven), removing them when done. Brown the onions in the remaining fat, remove, and set aside. Discard any remaining fat.
- ☐ Reduce heat to low.
- ☐ Add the cognac and scrape up all the browned bits. Carefully light with a match and swirl to burn off the alcohol.
- ☐ Heat oven to 325 F. Return the bacon, beef, and onions to the Dutch oven. Stir in the salt, thyme, pepper, bay leaves, garlic, brown sugar, beer, and broth.
- ☐ Spread the bread with the mustard and lay on top.
- ☐ Heat to boiling.

- ☐ Remove from heat, cover, and place in the oven. Cook 2 to 2 1/2 hours or until the meat is fork-tender, stirring occasionally. Before serving, skim the fat from the sauce. Stir in the vinegar.
- ☐ KEEP IT: Refrigerate any leftovers for up to 2 days. To freeze, place in airtight containers or heavy-duty zipper bags up to 3 months. When reheating, warm gently over medium-low heat.

Nutrition Facts



Properties

Glycemic Index:46.69, Glycemic Load:5.6, Inflammation Score:-7, Nutrition Score:36.174347544494%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 656.66kcal (32.83%), Fat: 25.78g (39.66%), Saturated Fat: 7.18g (44.85%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 14.77g (5.37%), Sugar: 4.98g (5.54%), Cholesterol: 196.93mg (65.64%), Sodium: 1083.91mg (47.13%), Alcohol: 5.55g (100%), Alcohol %: 1.31% (100%), Protein: 75.76g (151.52%), Selenium: 108.1µg (154.43%), Vitamin B3: 23.22mg (116.11%), Vitamin B6: 2.24mg (111.86%), Zinc: 14.36mg (95.71%), Phosphorus: 764.5mg (76.45%), Vitamin B12: 4.23µg (70.5%), Iron: 7.04mg (39.09%), Potassium: 1330.33mg (38.01%), Vitamin B2: 0.54mg (31.97%), Vitamin B1: 0.44mg (29.46%), Magnesium: 98.02mg (24.51%), Vitamin B5: 2.41mg (24.06%), Copper: 0.39mg (19.53%), Manganese: 0.37mg (18.26%), Folate: 69.08µg (17.27%), Vitamin E: 2.03mg (13.54%), Calcium: 113.37mg (11.34%), Vitamin K: 9µg (8.57%), Fiber: 1.82g (7.27%), Vitamin C: 4.53mg (5.49%)