



Big Bear Stew

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bay leaves
- 1 cup beef broth
- 5 carrots sliced
- 0.3 cup flour all-purpose
- 1 pound mushrooms fresh
- 1 pound mushrooms fresh
- 1 teaspoon pepper black
- 4 tablespoons butter

- 4 pounds goat meat
- 2 tablespoons olive oil
- 1 onion chopped
- 1 teaspoon oregano dried
- 2 pounds potatoes – remove skin diced red
- 1 teaspoon salt
- 2 turnip cubed

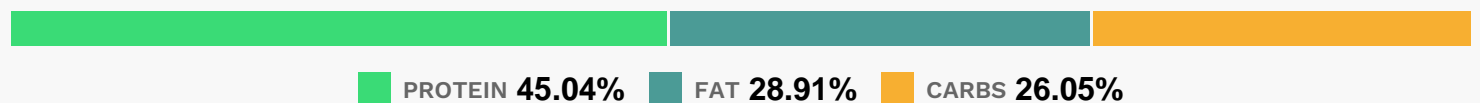
Equipment

- bowl
- frying pan
- paper towels
- mixing bowl
- dutch oven

Directions

- In a large mixing bowl combine flour, oregano, salt and pepper.
- Place bear meat in the bowl a little at a time and coat well.
- Heat oil and butter in a large skillet. Fry the bear meat until browned.
- Let drain on paper towels.
- Fill a large Dutch oven with 2 to 3 quarts water.
- Add bear meat, onions, beef broth, bay leaves, potatoes, mushrooms carrots and turnips. Cook on medium-high heat for 2 to 3 hours.
- Add more water as needed.

Nutrition Facts



Properties

Glycemic Index:40.35, Glycemic Load:5.54, Inflammation Score:-10, Nutrition Score:37.94565244343%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 491.58kcal (24.58%), Fat: 15.82g (24.33%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 26.85g (9.76%), Sugar: 7.28g (8.09%), Cholesterol: 145.15mg (48.38%), Sodium: 805.02mg (35%), Alcohol: 0g (100%), Protein: 55.44g (110.87%), Vitamin B3: 30.05mg (150.23%), Vitamin A: 6704.52IU (134.09%), Selenium: 85.57µg (122.24%), Vitamin B6: 2.12mg (105.78%), Phosphorus: 679.08mg (67.91%), Potassium: 1946.19mg (55.61%), Vitamin B5: 5.46mg (54.63%), Vitamin B2: 0.78mg (46.06%), Copper: 0.63mg (31.66%), Vitamin C: 24.57mg (29.78%), Vitamin B1: 0.41mg (27.01%), Magnesium: 106.26mg (26.57%), Manganese: 0.44mg (21.96%), Fiber: 5.2g (20.8%), Folate: 71.74µg (17.93%), Zinc: 2.52mg (16.77%), Iron: 2.86mg (15.89%), Vitamin K: 12.94µg (12.33%), Vitamin E: 1.49mg (9.92%), Vitamin B12: 0.53µg (8.78%), Calcium: 61.19mg (6.12%), Vitamin D: 0.45µg (3.02%)