



Bonnie's Italian Stew

READY IN



70 min.

SERVINGS



6

CALORIES



910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 handful basil leaves fresh
- 1 cups beef stock
- 1 large eggs
- 2 tablespoons evoo plus more for serving
- 3 tablespoons evoo
- 1 teaspoon fennel seed
- 1 handful a flat-leaf parsley fresh generous finely chopped
- 2 cloves garlic grated finely chopped
- 4 cloves garlic thinly sliced

- 12 ounces green beans trimmed cut into thirds on an angle
- 1.5 pounds ground beef
- 56 ounce tomatoes italian canned
- 2 medium onions fresh
- 0.5 cup pecorino cheese grated
- 6 servings pecorino cheese grated for serving
- 1 teaspoon pepper flakes red crushed
- 2 pounds skinned potatoes white red small to medium cubed
- 6 servings salt and pepper black freshly ground
- 3 tablespoons tomato paste
- 2 slices bread white trimmed
- 6 servings milk whole

Equipment

- bowl
- baking sheet
- oven
- mixing bowl
- potato masher
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees F.
- Pour the milk over bread and soak to soften.
- Place the meat in a mixing bowl and add the cheese, EVOO, fennel, crushed red pepper, garlic, egg, parsley, salt and pepper.
- Squeeze the excess milk from the bread and crumble into crumbs as you add it to the meat.
- Combine the meatball mix and roll into 2-inch balls.

- Place the meatballs on nonstick baking sheet sprayed with olive oil spray and roast until browned but not fully cooked, 10 to 12 minutes.
- Meanwhile, heat the EVOO in a large Dutch oven over medium heat.
- Add the garlic, onions and bay, and season with salt and pepper. Cook until translucent, stirring occasionally, 10 to 15 minutes. Then add the tomato paste and stir until fragrant.
- Add the beef stock and tomatoes, then break up the tomatoes with a potato masher.
- Add the basil, potatoes and meatballs and bring to a boil. Reduce the heat back to medium, partially cover and cook 10 minutes.
- Add the green beans and cook 7 to 8 minutes more.
- Serve, or cool completely and store for make-ahead meal. Reheat over a medium-low flame, partially covered, stirring occasionally (or reheat in a 325 degree F oven) until sauce is bubbly.
- To serve, top shallow bowls of stew with cheese and an extra drizzle of EVOO.

Nutrition Facts



PROTEIN 21.31% **FAT 53.26%** **CARBS 25.43%**

Properties

Glycemic Index:81.63, Glycemic Load:12.28, Inflammation Score:-10, Nutrition Score:48.398695987204%

Flavonoids

Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 910.37kcal (45.52%), Fat: 54.64g (84.06%), Saturated Fat: 21.93g (137.08%), Carbohydrates: 58.7g (19.57%), Net Carbohydrates: 50.53g (18.37%), Sugar: 24.5g (27.22%), Cholesterol: 180.66mg (60.22%), Sodium: 873.44mg (37.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.19g (98.38%), Phosphorus: 947.16mg (94.72%), Calcium: 832.15mg (83.22%), Vitamin C: 59.89mg (72.6%), Vitamin B12: 4.25µg (70.8%), Vitamin K: 74.19µg (70.65%), Vitamin A: 3503.24IU (70.06%), Potassium: 2346.66mg (67.05%), Vitamin B6: 1.21mg (60.26%), Zinc: 8.19mg (54.58%), Vitamin B2: 0.92mg (54%), Vitamin B3: 9.9mg (49.48%), Selenium: 34.2µg (48.85%), Manganese: 0.84mg (41.99%), Magnesium: 153.52mg (38.38%), Vitamin B1: 0.54mg (35.93%), Iron: 5.98mg (33.23%), Fiber: 8.17g (32.68%), Vitamin E: 4.62mg (30.82%), Copper: 0.57mg (28.3%), Folate: 112.66µg (28.17%), Vitamin B5: 2.64mg (26.36%), Vitamin D: 3.16µg (21.04%)