



Chianti Marinated Beef Stew

 Dairy Free

READY IN	SERVINGS	CALORIES
ready	servings	calories
400 min.	6	727 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 2.5 pound brisket
- ☐ 4 cups beef broth
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 3 medium carrots peeled cut into 1/2-inch pieces
- ☐ 1 stalk celery chopped
- ☐ 2 cloves garlic peeled
- ☐ 6 ounces green beans halved
- ☐ 1.5 ounces kalamata olives halved

- ☐ 4 tablespoons olive oil
- ☐ 4 ounce pancetta cut into 1/4-inch pieces
- ☐ 4 medium potatoes red quartered
- ☐ 2 sprigs rosemary
- ☐ 2 sage leaves
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 750 ml chianti wine

Equipment

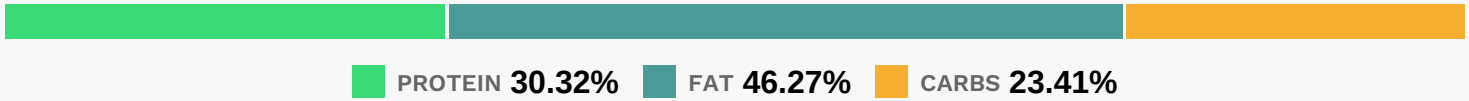
- ☐ frying pan
- ☐ paper towels
- ☐ wooden spoon
- ☐ dutch oven
- ☐ tongs
- ☐ cutting board
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the beef in a 13 by 9-inch glass baking dish.
- ☐ Pour the wine over the meat and marinate in the refrigerator for 1 1/2 hours. Turn the meat over and marinate for another 1 1/2 hours.
- ☐ Remove the meat from the wine and pat dry with paper towels. Reserve the wine.
- ☐ In a large Dutch oven, heat 3 tablespoons of the oil over medium-high heat. Season the meat on all sides with salt and pepper. Using tongs, place the meat in the pan and brown on all sides, about 2 minutes each side.
- ☐ Remove the meat and add the remaining oil.
- ☐ Add the pancetta and cook, stirring frequently for 2 minutes.
- ☐ Add the carrots, celery, garlic, olives, green beans, potatoes, rosemary, and sage. Cook for 3 minutes.

- ☐
- Pour the reserved wine, tomatoes, and beef broth into the pan, scraping up the brown bits that cling to the bottom of the pan with a wooden spoon. Return the meat to the pan and bring the liquid to a boil. Cover the pan and simmer for 3 to 3 1/2 hours or until the meat is very tender.
- ☐
- Remove the meat and the rosemary sprigs from the stew.
- ☐
- Place the meat on a cutting board and cut into quarters. Using 2 forks, shred the meat into bite-size pieces.
- ☐
- Add the shredded meat to the stew and cook until warmed through, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:51.64, Glycemic Load:3.63, Inflammation Score:-10, Nutrition Score:38.665217358133%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 727.16kcal (36.36%), Fat: 32.76g (50.4%), Saturated Fat: 9.13g (57.04%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 31.5g (11.46%), Sugar: 8.46g (9.4%), Cholesterol: 129.65mg (43.22%), Sodium: 1134.11mg (49.31%), Alcohol: 13.19g (100%), Alcohol %: 2.11% (100%), Protein: 48.3g (96.6%), Vitamin A: 5519.72IU (110.39%), Vitamin B12: 4.8µg (79.99%), Vitamin B6: 1.38mg (68.94%), Vitamin B3: 12.72mg (63.59%), Zinc: 9.36mg (62.4%), Phosphorus: 587.61mg (58.76%), Potassium: 1910.34mg (54.58%), Selenium: 37.74µg (53.92%), Iron: 6.93mg (38.48%), Manganese: 0.67mg (33.74%), Vitamin K: 34.4µg (32.76%), Vitamin B2: 0.53mg (31.36%), Vitamin B1: 0.47mg (31.16%), Magnesium: 121.08mg (30.27%), Vitamin C: 24.53mg (29.73%), Copper: 0.58mg (28.88%), Vitamin E: 3.54mg (23.58%), Fiber: 5.78g (23.13%), Folate: 70.38µg (17.6%), Vitamin B5: 1.61mg (16.11%), Calcium: 98.2mg (9.82%)