



Chinese Beef-and-Mushroom Stew with Whole Spices



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound brisket cubed trimmed
- ☐ 2 tablespoons brown sugar
- ☐ 1 stick cinnamon (3-inch)
- ☐ 2.5 cups rice hot cooked
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 4 garlic cloves minced

- ☐ 1.5 cups green onions divided chopped
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 14.3 ounce low-salt beef broth canned
- ☐ 1 cup mushrooms dried black
- ☐ 0.5 teaspoon peppercorns mixed
- ☐ 2 chiles dried red
- ☐ 2 tablespoons sake (rice wine)
- ☐ 3 star anise
- ☐ 1.3 cups water
- ☐ 2 cups water boiling

Equipment

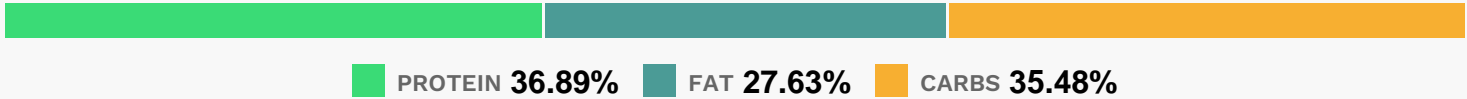
- ☐ bowl
- ☐ paper towels
- ☐ sieve
- ☐ slotted spoon
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Combine boiling water and mushrooms. Cover and let stand 30 minutes.
- ☐ Remove mushrooms with a slotted spoon. Chop mushrooms; set aside. Strain soaking liquid through a cheesecloth- or paper towel-lined sieve into a bowl. Discard solids; reserve 1 cup soaking liquid.
- ☐ Heat a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add beef; cook 8 minutes on all sides or until browned.
- ☐ Add 3/4 cup onion, ginger, and garlic; cook 1 minute, stirring frequently. Stir in reserved soaking liquid, 1 1/4 cups water, and next 9 ingredients (1 1/4 cups water through cinnamon); bring to a boil. Cover, reduce heat, and simmer 1 hour. Stir in mushrooms. Cover and simmer 40 minutes or until beef is tender.

- ☐ Remove beef mixture with a slotted spoon. Discard star anise, cloves, dried chiles, and cinnamon stick. Bring remaining liquid to a boil; cook 3 minutes or until reduced to 1 cup. Stir in 3/4 cup onion and oil.
- ☐ Serve beef mixture over rice with sauce.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:24.81, Inflammation Score:-6, Nutrition Score:22.460000131441%

Flavonoids

Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 380.72kcal (19.04%), Fat: 11.35g (17.46%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 30.74g (11.18%), Sugar: 5.95g (6.62%), Cholesterol: 84.37mg (28.12%), Sodium: 617.82mg (26.86%), Alcohol: 0.97g (100%), Alcohol %: 0.23% (100%), Protein: 34.08g (68.15%), Vitamin K: 65.17µg (62.07%), Vitamin B12: 3.31µg (55.24%), Zinc: 6.64mg (44.29%), Selenium: 30.82µg (44.03%), Vitamin B6: 0.74mg (36.94%), Manganese: 0.73mg (36.38%), Phosphorus: 359.5mg (35.95%), Vitamin B3: 6.71mg (33.56%), Potassium: 856.37mg (24.47%), Vitamin B2: 0.37mg (21.99%), Iron: 3.86mg (21.44%), Copper: 0.3mg (15.18%), Magnesium: 60.6mg (15.15%), Vitamin B1: 0.2mg (13.03%), Vitamin B5: 1.16mg (11.62%), Folate: 39.03µg (9.76%), Vitamin C: 7.03mg (8.52%), Fiber: 2.04g (8.17%), Vitamin A: 358.63IU (7.17%), Calcium: 65.99mg (6.6%), Vitamin E: 0.71mg (4.76%)