



## Classic Beef Stew

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 2 pounds beef chuck for stewing
- 0.8 pound carrots peeled thinly sliced
- 3 stalks celery rinsed thinly sliced (8 oz. total)
- 2 cups wine dry red
- 14 oz fat-skimmed beef broth canned
- 0.5 cup flour all-purpose
- 3 cloves garlic minced peeled

- 0.3 teaspoon ground allspice
- 1 tablespoon juice of lemon
- 8 oz onion peeled sliced
- 8 ounces onion boiling peeled
- 1 teaspoon paprika
- 0.5 teaspoon pepper
- 1 pound potatoes – remove skin scrubbed cut into 3/4-inch chunks
- 1 teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons vegetable oil
- 1 teaspoon worcestershire sauce

## Equipment

- bowl
- frying pan
- dutch oven

## Directions

- Rinse beef and pat dry, cut into 1 1/2- to 2-inch chunks. Put flour in a paper bag.
- Add beef and shake to coat with flour.
- Pour 3 tablespoons oil into a 5- to 6-quart Dutch oven over medium-high heat. When hot, add half the meat; turn pieces as necessary until well browned on all sides, 8 to 10 minutes total.
- Transfer to a bowl. If pan is dry, add 1 to 2 more tablespoons oil.
- Add remaining beef and any extra flour in bag; repeat to brown pieces on all sides. Return all meat and juices to pan.
- Add sliced onion, minced garlic, bay leaves, lemon juice, Worcestershire, salt, sugar, paprika, pepper, ground cloves, wine, and broth to pan. Stir often, scraping up browned bits, until mixture is simmering. Cover pan tightly, reduce heat to low, and simmer, stirring occasionally, until beef is tender when pierced, 1 1/2 to 1 3/4 hours.

Add potatoes, carrots, celery, and boiling onions to pan. Continue cooking, covered, until vegetables are tender when pierced, 25 to 30 minutes longer.

## Nutrition Facts

**PROTEIN 26.55%** **FAT 44.1%** **CARBS 29.35%**

### Properties

Glycemic Index:61.65, Glycemic Load:9.84, Inflammation Score:-10, Nutrition Score:31.399999815485%

### Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 3.8mg, Isorhamnetin: 3.8mg, Isorhamnetin: 3.8mg, Isorhamnetin: 3.8mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg

### Nutrients (% of daily need)

Calories: 556.24kcal (27.81%), Fat: 24.8g (38.15%), Saturated Fat: 8.78g (54.85%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 32.14g (11.69%), Sugar: 8.14g (9.05%), Cholesterol: 104.33mg (34.78%), Sodium: 866.18mg (37.66%), Alcohol: 8.4g (100%), Alcohol %: 1.94% (100%), Protein: 33.59g (67.18%), Vitamin A: 9757.08IU (195.14%), Zinc: 12.04mg (80.24%), Vitamin B12: 4.26µg (71%), Selenium: 37.28µg (53.26%), Vitamin B6: 0.93mg (46.67%), Vitamin B3: 9.16mg (45.79%), Phosphorus: 401.51mg (40.15%), Potassium: 1248.3mg (35.67%), Vitamin K: 31.22µg (29.73%), Iron: 4.83mg (26.86%), Manganese: 0.46mg (22.87%), Vitamin B2: 0.38mg (22.4%), Vitamin B1: 0.33mg (21.97%), Vitamin C: 17.68mg (21.43%), Fiber: 4.98g (19.93%), Folate: 71.1µg (17.78%), Magnesium: 66.57mg (16.64%), Vitamin B5: 1.58mg (15.84%), Copper: 0.3mg (14.78%), Vitamin E: 1.41mg (9.37%), Calcium: 88.08mg (8.81%), Vitamin D: 0.15µg (1.01%)