



## Classic Beef Stew

 Dairy Free

READY IN



225 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon vegetable oil
- 1 lb roast chickens boneless cut into 1-inch cubes
- 3 cups water
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 2 medium carrots cut into 1-inch pieces
- 1 large potatoes unpeeled cut into 1 1/2-inch pieces
- 1 medium bell pepper green cut into 1-inch pieces

- 1 medium stalk celery cut into 1-inch pieces
- 0.3 cup onion chopped
- 1 teaspoon salt
- 1 bay leaves dried
- 0.5 cup water cold
- 2 tablespoons flour all-purpose

## Equipment

- frying pan
- dutch oven

## Directions

- In 12-inch skillet or 4-quart Dutch oven, heat oil over medium heat 1 to 2 minutes.
- Add beef; cook about 15 minutes, stirring occasionally, until brown on all sides.
- Add water, 1/2 teaspoon salt and the pepper.
- Heat to boiling. Reduce heat to low. Cover; simmer 2 hours to 2 hours 30 minutes or until beef is almost tender.
- Stir in remaining ingredients except cold water and flour. Cover; cook about 30 minutes or until vegetables are tender.
- Remove bay leaf.
- In tightly covered jar or container, shake cold water and flour; gradually stir into beef mixture.
- Heat to boiling, stirring constantly. Boil and stir 1 minute until thickened.

## Nutrition Facts



**PROTEIN 39.9%** **FAT 21.44%** **CARBS 38.66%**

## Properties

Glycemic Index:76.65, Glycemic Load:15.18, Inflammation Score:-10, Nutrition Score:26.142174160999%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

## Nutrients (% of daily need)

Calories: 249.96kcal (12.5%), Fat: 6.06g (9.32%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 20.73g (7.54%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 967.13mg (42.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.73%), Vitamin A: 5254.24IU (105.08%), Vitamin B6: 1.42mg (70.76%), Vitamin C: 44.95mg (54.49%), Vitamin B3: 9.2mg (46%), Zinc: 5.18mg (34.52%), Vitamin B12: 2.01µg (33.45%), Phosphorus: 322.49mg (32.25%), Potassium: 999.96mg (28.57%), Selenium: 19.59µg (27.99%), Vitamin B2: 0.39mg (22.87%), Vitamin B1: 0.33mg (21.83%), Iron: 3.73mg (20.7%), Copper: 0.34mg (17.19%), Vitamin K: 17.32µg (16.49%), Fiber: 3.84g (15.37%), Magnesium: 60.22mg (15.06%), Manganese: 0.29mg (14.73%), Vitamin B5: 1.15mg (11.54%), Folate: 35.95µg (8.99%), Calcium: 42.74mg (4.27%), Vitamin E: 0.63mg (4.2%)