

Classic Beef Stew

 Gluten Free  Dairy Free

READY IN



380 min.

SERVINGS



20

CALORIES



123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds beef stew meat trimmed cut into 1 1/2-inch cubes
- ☐ 14.5 oz canned tomatoes diced with juice canned
- ☐ 6 medium carrots cut into 2-inch chunks
- ☐ 4 large ribs celery cut into 2-inch lengths
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 cup chicken broth low-sodium

- ☐ 1 pound potatoes red cut into 1-inch cubes (2 large)
- ☐ 20 servings salt and pepper
- ☐ 3 large shallots quartered
- ☐ 8 ounces mushroom caps trimmed quartered
- ☐ 2 teaspoons worcestershire sauce

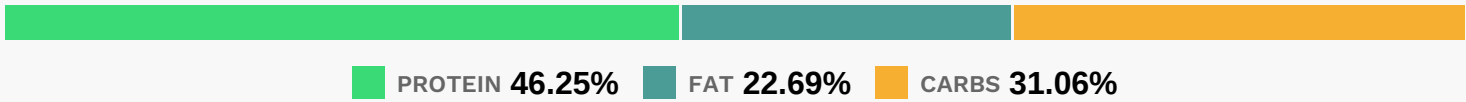
Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ In a slow cooker, combine cornstarch, rosemary and 1/4 tsp. each salt and pepper.
- ☐ Add beef and toss to coat. Stir in shallots, potatoes, carrots, celery, mushrooms, tomatoes, chicken broth and Worcestershire sauce. Cover and cook on low until meat and vegetables are tender, 5 to 6 hours.
- ☐ Using a slotted spoon, transfer beef and vegetables to bowls. Carefully pour sauce from slow cooker into a fat separator.
- ☐ Pour skimmed sauce over meat; discard fat.
- ☐ Sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:14.04, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:13.479130405447%

Flavonoids

Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 122.69kcal (6.13%), Fat: 3.1g (4.76%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 7.68g (2.79%), Sugar: 2.82g (3.13%), Cholesterol: 35.15mg (11.72%), Sodium: 289.09mg (12.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Vitamin A: 3202.78IU (64.06%), Vitamin B6: 0.52mg (25.94%), Vitamin B3: 5.17mg (25.86%), Selenium: 16.71µg (23.87%), Vitamin K: 19.52µg (18.59%), Zinc: 2.7mg (17.98%), Vitamin B12: 1.06µg (17.68%), Phosphorus: 170.03mg (17%), Potassium: 502.31mg (14.35%), Iron: 1.87mg (10.4%), Vitamin B2: 0.15mg (9.06%), Copper: 0.16mg (8.15%), Vitamin C: 6.55mg (7.93%), Manganese: 0.15mg (7.56%), Fiber: 1.85g (7.41%), Magnesium: 29.44mg (7.36%), Vitamin B1: 0.11mg (7.02%), Vitamin B5: 0.62mg (6.21%), Folate: 24.43µg (6.11%), Vitamin E: 0.58mg (3.86%), Calcium: 33.2mg (3.32%)