



## Classic Beef Stew

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



10

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups baby carrots
- ☐ 1 bay leaf
- ☐ 2 cups beef broth
- ☐ 4 pounds bottom round trimmed cut into 2-inch pieces well
- ☐ 1 cup cooking wine dry red
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup olive oil plus more if needed)

- ☐ 2 cups onions    diced
- ☐ 1 cup peas    frozen thawed
- ☐ 1 pound potatoes    cut into 2-inch pieces ( 4 cups)
- ☐ 1 teaspoon thyme leaves    dried
- ☐ 6 ounce tomato paste    canned

## Equipment

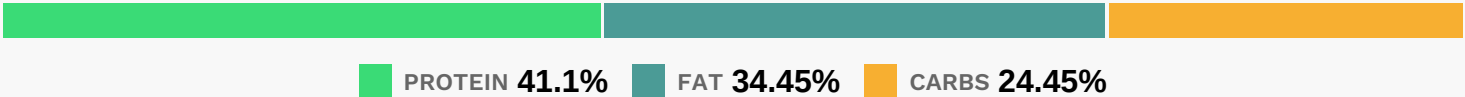
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ stove
- ☐ microwave
- ☐ dutch oven

## Directions

- ☐ Coat the beef in the flour.
- ☐ Heat a few tablespoons of the oil in a large skillet over medium-high heat. Brown the meat, a few pieces at a time, adding more oil as necessary.
- ☐ Transfer to a heavy casserole or a heavy, covered saucepan or Dutch oven.
- ☐ Add the onions to the skillet and cook over medium heat until tender, about 10 minutes. Stir in the tomato paste and coat the onions; transfer to the casserole.
- ☐ Pour the wine into the skillet and scrape up any browned bits; add to the casserole. Stir in the broth, salt, thyme, and bay leaf. Cook in the casserole in a 325 F oven for 4 hours, or in the saucepan or Dutch oven on the stovetop over low heat for about 2 1/2 hours. In either case, stir occasionally and add up to 1 cup of additional beef broth if necessary.
- ☐ Add the potatoes and carrots during the last hour of cooking, and the peas just before serving.To Freeze: Omit the peas.
- ☐ Let the stew cool, then ladle it into resealable freezer bags. Store for up to 3 months.To Reheat: Thaw the stew overnight in the refrigerator or thaw partially in the microwave. Warm in a covered saucepan over medium-low heat for about 20 minutes, adding the peas during

the last 5 minutes.

## Nutrition Facts



### Properties

Glycemic Index:31.31, Glycemic Load:14.28, Inflammation Score:-10, Nutrition Score:31.481304272361%

### Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

### Nutrients (% of daily need)

Calories: 460.55kcal (23.03%), Fat: 16.64g (25.61%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 22.79g (8.29%), Sugar: 4.53g (5.04%), Cholesterol: 112.49mg (37.5%), Sodium: 1025.37mg (44.58%), Alcohol: 2.52g (100%), Alcohol %: 0.78% (100%), Protein: 44.68g (89.36%), Selenium: 55.72µg (79.6%), Vitamin A: 3689.4IU (73.79%), Vitamin B3: 14.54mg (72.72%), Vitamin B6: 1.45mg (72.25%), Vitamin B12: 3.39µg (56.5%), Zinc: 8.1mg (53.98%), Phosphorus: 473.46mg (47.35%), Iron: 5.57mg (30.93%), Potassium: 1043.05mg (29.8%), Vitamin B1: 0.38mg (25.2%), Vitamin B2: 0.42mg (24.91%), Vitamin C: 19.66mg (23.83%), Folate: 79.42µg (19.85%), Manganese: 0.36mg (18.07%), Magnesium: 71.98mg (18%), Copper: 0.34mg (17.06%), Fiber: 3.8g (15.21%), Vitamin K: 14.44µg (13.76%), Vitamin E: 1.83mg (12.21%), Vitamin B5: 1.19mg (11.95%), Calcium: 71.03mg (7.1%)