



HEALTH SCORE

52%

Classic Beef Stew



Gluten Free



Dairy Free

READY IN

**180 min.**

SERVINGS

**8**

CALORIES

**314 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baking potatoes cut into eighths
- ☐ 1 cup beef stock fat-free (double strength)
- ☐ 15 ounce tomato sauce canned
- ☐ 28 ounce canned tomatoes whole canned
- ☐ 1 tablespoon canola oil
- ☐ 8 medium carrots
- ☐ 4 large celery stalks cut into 2-inch pieces
- ☐ 1 tablespoon basil dried

- ☐ 2 pounds eye of round roast cut into 2-inch cubes
- ☐ 4 cloves garlic chopped
- ☐ 1 bell pepper green sliced
- ☐ 2 cups onions sliced
- ☐ 8 servings salt and pepper to taste
- ☐ 1 tablespoon wheat-free tamari gluten-free (for)
- ☐ 1 teaspoon worcestershire sauce

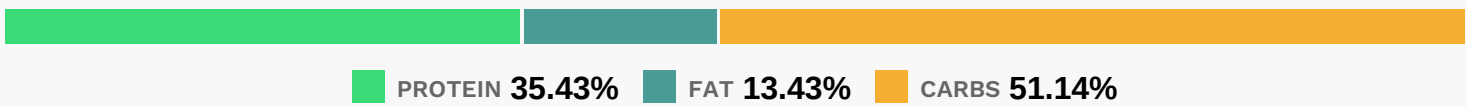
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat your oven to 350°F.
- ☐ Heat the oil in a large skillet over medium-high heat. Sear the meat cubes until browned on all sides.In a separate bowl, combine the canned tomatoes, tomato sauce, soy sauce, Worcestershire sauce, beef stock, basil, salt and pepper.
- ☐ Mix thoroughly.
- ☐ Place the meat and vegetables in a roasting pan, and pour the tomato mixture over top.Cover and bake for 45 minutes. Reduce the heat to 250°F and bake for 2 hours or until meat is very tender to the fork. Baste occasionally.

Nutrition Facts



Properties

Glycemic Index:41.07, Glycemic Load:22.03, Inflammation Score:-10, Nutrition Score:34.243043319039%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 314.19kcal (15.71%), Fat: 4.93g (7.59%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 42.24g (14.08%), Net Carbohydrates: 35.17g (12.79%), Sugar: 12.23g (13.59%), Cholesterol: 0mg (0%), Sodium: 872.36mg (37.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.53%), Vitamin A: 10704.55IU (214.09%), Vitamin B6: 1.82mg (90.9%), Vitamin B3: 11.55mg (57.73%), Potassium: 1707.94mg (48.8%), Vitamin C: 38.46mg (46.62%), Phosphorus: 405.02mg (40.5%), Zinc: 5.78mg (38.55%), Iron: 6.32mg (35.12%), Manganese: 0.67mg (33.69%), Vitamin B12: 2.01µg (33.45%), Vitamin B2: 0.52mg (30.62%), Copper: 0.61mg (30.55%), Vitamin B1: 0.44mg (29.55%), Selenium: 20.16µg (28.81%), Fiber: 7.07g (28.27%), Vitamin K: 28.57µg (27.21%), Magnesium: 101.18mg (25.29%), Vitamin E: 2.85mg (19.02%), Vitamin B5: 1.75mg (17.53%), Folate: 57.62µg (14.4%), Calcium: 109.76mg (10.98%)