



Comforting Beef Casserole

 Dairy Free

READY IN



195 min.

SERVINGS



12

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 bay leaves
- ☐ 1.5 pounds carrots
- ☐ 4.5 pounds beef chuck steaks diced
- ☐ 0.5 cup flour
- ☐ 2 teaspoons ground allspice
- ☐ 2 pounds onions roughly chopped
- ☐ 1 large orange zest juiced
- ☐ 1 tablespoon sage leaves dried

- ☐ 12 servings salt and pepper black freshly ground
- ☐ 2 cups porter
- ☐ 0.5 cup vegetable oil extra-virgin not
- ☐ 2 cups water

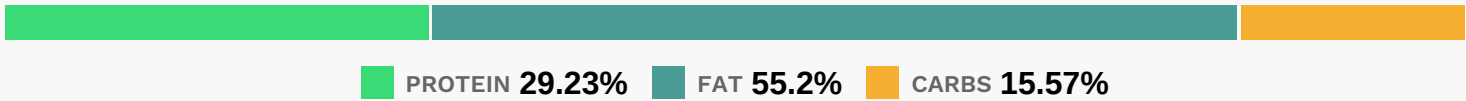
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat 4 tablespoons of oil in a large saucepan or deep casserole, and fry the onions and carrots until they begin to soften, about 5 minutes.
- ☐ Remove the softened and oil-glossed vegetables to a bowl, and add the remaining oil to the pan.
- ☐ Put the flour into a large freezer bag along with salt and pepper, sage, and allspice; add the beef pieces to the bag, tossing in the flour, before searing the meat in the pan. Do this in batches, browning the meat a little and removing all of the beef to a large dish as you go.
- ☐ When all the meat is browned and out of the pan, whisk or stir in the orange juice and stout and let it come to the boil.
- ☐ Add the water and then return the meat and vegetables to the pan. Stir in the orange zest and bay leaves, bring to the boil and then turn the stew down to a soft simmer. Cover and cook for 2 1/2 hours. This is best reheated 1 or 2 days after, but if you are serving the stew on the same day, then add another half hour to the cooking time just to make sure the meat is soft, mellow and tender.

Nutrition Facts



Properties

Glycemic Index:16.32, Glycemic Load:6.27, Inflammation Score:-10, Nutrition Score:30.739999724471%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.47mg, Quercetin: 15.47mg, Quercetin: 15.47mg, Quercetin: 15.47mg

Nutrients (% of daily need)

Calories: 472.34kcal (23.62%), Fat: 28.68g (44.12%), Saturated Fat: 11.66g (72.88%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 14.94g (5.43%), Sugar: 5.91g (6.56%), Cholesterol: 115.67mg (38.56%), Sodium: 160.23mg (6.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.17g (68.35%), Vitamin A: 9507.78IU (190.16%), Zinc: 12.84mg (85.61%), Copper: 1.69mg (84.71%), Vitamin B12: 4.49µg (74.84%), Selenium: 35.73µg (51.05%), Vitamin B6: 0.86mg (43.17%), Vitamin B3: 8.42mg (42.09%), Phosphorus: 361.34mg (36.13%), Potassium: 888.35mg (25.38%), Iron: 4.32mg (24.01%), Vitamin B2: 0.32mg (19.08%), Vitamin B1: 0.25mg (16.59%), Manganese: 0.3mg (15.22%), Vitamin B5: 1.39mg (13.93%), Vitamin K: 13.86µg (13.2%), Fiber: 3.26g (13.05%), Magnesium: 51.65mg (12.91%), Vitamin C: 10.45mg (12.66%), Folate: 40.27µg (10.07%), Calcium: 69.69mg (6.97%), Vitamin E: 0.78mg (5.22%), Vitamin D: 0.17µg (1.13%)