



Company Beef Stew

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound baby carrots
- ☐ 4 bacon
- ☐ 1 bay leaf
- ☐ 1.5 cups beef broth
- ☐ 2 tablespoons butter
- ☐ 3 pound chuck roast boneless cut into 1-inch cubes
- ☐ 1 tablespoon parsley flakes dried
- ☐ 0.5 teaspoon thyme leaves dried

- ☐ 1 cup cooking wine dry red
- ☐ 3 tablespoons flour all-purpose
- ☐ 8 ounce mushrooms fresh
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion sliced
- ☐ 16 ounce pearl onions frozen
- ☐ 0.5 teaspoon pepper
- ☐ 6 servings potato bowls mashed
- ☐ 0.5 teaspoon salt
- ☐ 1 sprigs garnishes: thyme chives fresh

Equipment

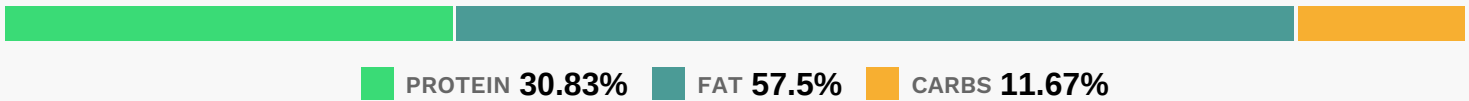
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine first 8 ingredients in a shallow dish or heavy-duty zip-top plastic bag.
- ☐ Combine wine and oil; pour over meat mixture. Cover or seal, and chill 1 hour.
- ☐ Drain well, reserving marinade.
- ☐ Cook bacon in a Dutch oven until crisp; remove bacon, reserving drippings in pan.
- ☐ Drain bacon on paper towels; place in a zip-top plastic bag, and freeze.
- ☐ Brown beef in reserved drippings.
- ☐ Drain and return to pan; sprinkle with flour, and cook, stirring constantly, 1 to 2 minutes.
- ☐ Add reserved marinade and broth; bring to a boil.

- ☐ Bake, covered, at 300 for 1 hour and 30 minutes or until beef is tender.
- ☐ Add carrots and onions; bake 30 more minutes.
- ☐ Melt butter in a large skillet; add mushrooms, and saut until tender.
- ☐ Add to beef mixture. Cool and spoon into a freezer container; freeze up to 1 month.
- ☐ Remove bacon and stew from freezer; thaw in refrigerator overnight.
- ☐ Place stew in a Dutch oven; cook over medium heat, stirring occasionally.
- ☐ Serve in Mashed Potato Bowls.
- ☐ Sprinkle with bacon, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:4.62, Inflammation Score:-10, Nutrition Score:35.975217497867%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 15.03mg, Apigenin: 15.03mg, Apigenin: 15.03mg, Apigenin: 15.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 20.67mg, Quercetin: 20.67mg, Quercetin: 20.67mg, Quercetin: 20.67mg

Nutrients (% of daily need)

Calories: 660.39kcal (33.02%), Fat: 40.77g (62.72%), Saturated Fat: 14.96g (93.51%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 15.11g (5.5%), Sugar: 6.86g (7.63%), Cholesterol: 166.17mg (55.39%), Sodium: 779.11mg (33.87%), Alcohol: 4.2g (100%), Alcohol %: 1% (100%), Protein: 49.18g (98.37%), Zinc: 17.72mg (118.16%), Vitamin A: 5435.94IU (108.72%), Vitamin B12: 6.33µg (105.44%), Selenium: 55.85µg (79.79%), Vitamin B3: 12.84mg (64.18%), Vitamin B6: 1.13mg (56.47%), Phosphorus: 538.37mg (53.84%), Potassium: 1196.28mg (34.18%), Vitamin B2: 0.58mg (33.92%), Iron: 6.06mg (33.68%), Vitamin B5: 2.36mg (23.6%), Vitamin B1: 0.31mg (20.84%), Copper: 0.36mg (17.82%), Manganese: 0.34mg (16.78%), Magnesium: 66.71mg (16.68%), Vitamin K: 16.44µg (15.66%), Fiber: 3.51g (14.03%), Folate: 51.8µg (12.95%), Vitamin C: 10.32mg (12.5%), Vitamin E: 1.38mg (9.17%), Calcium: 89.34mg (8.93%), Vitamin D: 0.36µg (2.41%)