

Cowgirl Stew



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce beans ranch-style canned
- ☐ 15 ounce canned tomatoes canned
- ☐ 0.3 cup celery chopped
- ☐ 2 tablespoons chili powder
- ☐ 16 ounce regular corn frozen
- ☐ 1 dash garlic powder
- ☐ 1 bell pepper green chopped
- ☐ 2 pounds ground beef

- ☐ 12 servings salt and ground pepper black to taste
- ☐ 1 onion chopped
- ☐ 6 potatoes cubed peeled
- ☐ 2 tablespoons vegetable oil
- ☐ 3 cups water
- ☐ 0.3 teaspoon sugar white

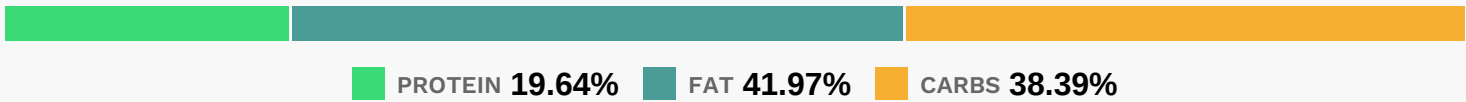
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium heat. Crumble ground beef into the pot; cook and stir until completely browned, 5 to 7 minutes.
- ☐ Add water, corn, tomatoes, ranch-style beans, potatoes, onion, green bell pepper, celery, chili powder, sugar, garlic powder, salt, and black pepper to the beef; stir. Cover the pot and bring the mixture to a boil. Reduce heat to medium-low and cook at a simmer until potatoes are tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:29.15, Glycemic Load:16.4, Inflammation Score:-7, Nutrition Score:19.124347645303%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 381.45kcal (19.07%), Fat: 18.23g (28.04%), Saturated Fat: 6.3g (39.4%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 30.72g (11.17%), Sugar: 3.88g (4.31%), Cholesterol: 53.68mg (17.89%), Sodium: 223.62mg (9.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.39%), Vitamin C: 35.97mg (43.6%), Vitamin

B6: 0.77mg (38.53%), Potassium: 1023.22mg (29.23%), Vitamin B3: 5.78mg (28.91%), Zinc: 4.14mg (27.63%), Fiber: 6.8g (27.2%), Phosphorus: 271.28mg (27.13%), Vitamin B12: 1.62µg (26.96%), Manganese: 0.46mg (22.99%), Iron: 3.76mg (20.87%), Selenium: 12.9µg (18.43%), Magnesium: 72.06mg (18.01%), Copper: 0.33mg (16.62%), Vitamin B1: 0.23mg (15.64%), Vitamin B2: 0.24mg (14.15%), Folate: 55.16µg (13.79%), Vitamin K: 13.84µg (13.18%), Vitamin A: 522.03IU (10.44%), Vitamin E: 1.51mg (10.07%), Vitamin B5: 0.99mg (9.9%), Calcium: 60.79mg (6.08%)