



Curried Beef Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 pound beef stew meat
- ☐ 1.5 cups carrots 1-inch-thick sliced ()
- ☐ 1 cup celery 1-inch-thick sliced ()
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 tablespoon curry powder
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 4 garlic cloves peeled

- ☐ 0.5 cup green onions chopped
- ☐ 0.5 cup coconut milk light
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 14.3 ounce low-salt beef broth canned
- ☐ 8 ounce pre mushrooms
- ☐ 3 tablespoons orange juice fresh
- ☐ 2 serrano chiles seeded finely chopped
- ☐ 2 cups sweet potatoes and into cubed peeled (1-inch)
- ☐ 1 tablespoon thai chile sauce
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

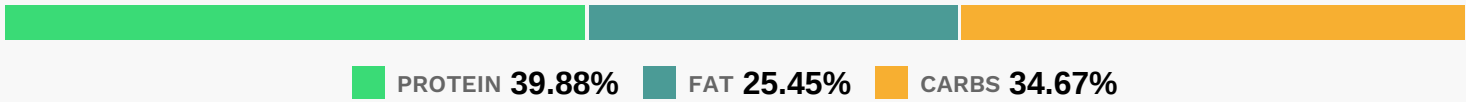
Directions

- ☐ To prepare paste, combine first 6 ingredients in a blender; process until smooth. Spoon into a bowl.
- ☐ To prepare stew, heat a Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add beef; cook 5 minutes, browning on all sides.
- ☐ Remove from pan.
- ☐ Reduce heat to low; add oil to pan.
- ☐ Add paste; cook 2 minutes, stirring frequently.
- ☐ Add curry, cinnamon, and bay leaf; cook 30 seconds, stirring constantly. Stir in beef, soy sauce, and broth. Increase heat to medium-high. Bring to a boil; cover, reduce heat, and simmer 1 hour.
- ☐ Add sweet potato, carrot, celery, and mushrooms. Bring to a boil; cover, reduce heat, and simmer 50 minutes or until beef and vegetables are tender.

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Remove from heat; stir in coconut milk. Discard cinnamon stick and bay leaf.

Nutrition Facts



Properties

Glycemic Index:76.96, Glycemic Load:9.91, Inflammation Score:-10, Nutrition Score:31.87130441873%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 322.13kcal (16.11%), Fat: 9.17g (14.1%), Saturated Fat: 3.89g (24.31%), Carbohydrates: 28.09g (9.36%), Net Carbohydrates: 22.07g (8.03%), Sugar: 8.39g (9.32%), Cholesterol: 70.31mg (23.44%), Sodium: 798.74mg (34.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.31g (64.62%), Vitamin A: 17807.62IU (356.15%), Vitamin B6: 1.14mg (57.13%), Vitamin B3: 11.08mg (55.39%), Selenium: 38.15µg (54.49%), Vitamin K: 46.96µg (44.72%), Potassium: 1389.9mg (39.71%), Phosphorus: 387.9mg (38.79%), Zinc: 5.65mg (37.69%), Vitamin B12: 2.12µg (35.34%), Manganese: 0.67mg (33.66%), Vitamin C: 26.76mg (32.44%), Vitamin B2: 0.55mg (32.34%), Copper: 0.49mg (24.33%), Fiber: 6.01g (24.05%), Iron: 4.26mg (23.68%), Vitamin B5: 2.18mg (21.77%), Magnesium: 77.87mg (19.47%), Vitamin B1: 0.28mg (18.61%), Folate: 71.43µg (17.86%), Calcium: 106.27mg (10.63%), Vitamin E: 1.53mg (10.18%)