



Diego's Special Beef Stew

READY IN



515 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup baby carrots
- 1 beef bouillon cubes
- 1 pound stew meat cubed
- 2 teaspoons butter
- 0.5 teaspoon thyme dried
- 1 tablespoon flour all-purpose
- 0.5 tablespoon garlic powder
- 0.5 teaspoon pepper black
- 2 tablespoons olive oil

- 1 large potatoes cubed
- 0.3 cup red wine
- 0.5 teaspoon rosemary
- 0.3 cup water
- 1 cup water hot
- 2 dashes worcestershire sauce
- 1 medium onion yellow thinly sliced

Equipment

- frying pan
- ziploc bags
- slow cooker

Directions

- Place cubed beef and flour in a resealable plastic bag. Seal and shake to evenly coat beef with flour.
- Heat the oil in a skillet over medium heat, and brown beef on all sides.
- Transfer to a slow cooker.
- Melt the butter in the skillet over medium heat, and cook onion until tender.
- Transfer to the slow cooker with the beef.
- Pour wine into the skillet to deglaze, then pour wine into slow cooker.
- Dissolve the beef bouillon cube in 1 cup hot water, and pour into slow cooker.
- Place potato and carrots in slow cooker, and season with rosemary, thyme, garlic powder, and pepper.
- Mix in remaining water and Worcestershire sauce.
- Add more water if needed to cover all ingredients.
- Cover slow cooker, and cook stew 7 to 8 hours on Low.

Nutrition Facts



■ PROTEIN 33.18% ■ FAT 39.55% ■ CARBS 27.27%

Properties

Glycemic Index:59.63, Glycemic Load:9.02, Inflammation Score:-8, Nutrition Score:14.397826132567%

Flavonoids

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Nutrients (% of daily need)

Calories: 234.79kcal (11.74%), Fat: 9.91g (15.25%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 13.23g (4.81%), Sugar: 1.98g (2.2%), Cholesterol: 50.48mg (16.83%), Sodium: 233.59mg (10.16%), Alcohol: 1.06g (100%), Alcohol %: 0.57% (100%), Protein: 18.71g (37.42%), Vitamin B6: 0.73mg (36.4%), Selenium: 22.13µg (31.62%), Vitamin A: 1518.99IU (30.38%), Vitamin B3: 5.97mg (29.85%), Vitamin B12: 1.41µg (23.47%), Zinc: 3.43mg (22.87%), Phosphorus: 214.84mg (21.48%), Potassium: 599.52mg (17.13%), Vitamin C: 13.85mg (16.78%), Iron: 2.49mg (13.85%), Manganese: 0.2mg (10.16%), Vitamin B1: 0.15mg (9.78%), Magnesium: 38.57mg (9.64%), Vitamin B2: 0.16mg (9.58%), Copper: 0.18mg (8.82%), Fiber: 2.14g (8.58%), Vitamin K: 7.83µg (7.46%), Folate: 29.3µg (7.33%), Vitamin E: 0.96mg (6.4%), Vitamin B5: 0.6mg (5.97%), Calcium: 35.99mg (3.6%)