



 **79%**  
HEALTH SCORE

## Dutch Oven Beef

 Dairy Free  Very Healthy

READY IN



145 min.

SERVINGS



6

CALORIES



765 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaves
- 20 ounce beef consomme undiluted canned (can use regular beef broth instead of consomme, but the consomme is better)
- 2 tablespoons browning sauce for this (I use Kitchen Bouquet )
- 28 ounce frangelico diced with juice canned
- 1 lb carrots cut into 2-inch chunks
- 3 stalks celery chopped
- 6 servings noodles hot cooked
- 0.3 cup flour

- 1 tablespoon garlic fresh chopped to taste (or )
- 2 jalapeno finely chopped
- 0.3 cup cooking oil
- 1 large onion chopped
- 2 cups pearl onions frozen to taste (or )
- 10 ounce peas frozen thawed
- 6 servings bell pepper
- 6 servings bell pepper
- 2 lbs potatoes peeled cut into 1-1/2-inch cubes
- 2.5 lbs pan drippings from roast beef preferably boneless cut into 1-1/2 inch cubes (i use sirloin)
- 6 servings lawry's seasoned salt
- 0.3 cup tomato paste
- 0.3 cup water
- 2 cups water
- 2 tablespoons worcestershire sauce

## Equipment

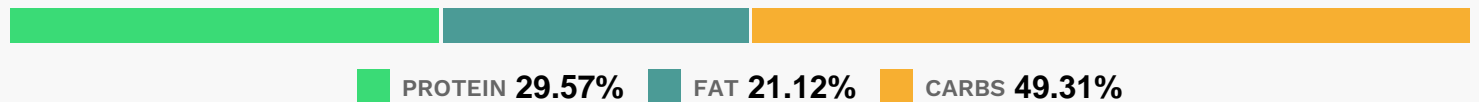
- whisk
- pot
- dutch oven

## Directions

- Heat oil in a large Dutch oven over medium-high heat. Brown the beef on all sides for about 10 minutes and transfer to a plate. To the drippings in the Dutch oven, add in celery, onions, jalapenos (if using) and garlic; saute the veggies for about 6 minutes.
- Add in the tomato paste and stir for 1 minute. Return the beef to the pot (with the drippings on the plate).
- Add in consomme, water, canned tomatoes with juice, salt, pepper and bay leaf; mix and bring to a boil. Reduce heat to medium-low; cover and simmer until meat is tender about 1 hour).

- Add in potatoes and carrots to the pot; cook for another 30 minutes, or until the veggies are tender.
- Whisk together the flour, 1/4 cup water and browning sauce (I use Kitchen Bouquet for this) until well blended and smooth. Stir in flour mixture into the simmering mixture and stir.
- Add in the peas and pearl onions; cook until heated through and slightly thickened.
- Remove the bay leaf and discard.
- Serve immediately over hot cooked noodles. Delicious!

## Nutrition Facts



### Properties

Glycemic Index: 92.57, Glycemic Load: 43.43, Inflammation Score: -10, Nutrition Score: 54.379565217391%

### Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 5.2mg, Isorhamnetin: 5.2mg, Isorhamnetin: 5.2mg, Isorhamnetin: 5.2mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 22.98mg, Quercetin: 22.98mg, Quercetin: 22.98mg, Quercetin: 22.98mg

### Nutrients (% of daily need)

Calories: 764.66kcal (38.23%), Fat: 18.17g (27.95%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 95.46g (31.82%), Net Carbohydrates: 79.83g (29.03%), Sugar: 21.96g (24.4%), Cholesterol: 107.73mg (35.91%), Sodium: 3655.11mg (158.92%), Protein: 57.23g (114.46%), Vitamin C: 346.31mg (419.77%), Vitamin A: 17973.48IU (359.47%), Vitamin B3: 20.84mg (104.2%), Vitamin B6: 2.07mg (103.63%), Phosphorus: 685.04mg (68.5%), Potassium: 2308.04mg (65.94%), Calcium: 654.7mg (65.47%), Manganese: 1.27mg (63.54%), Fiber: 15.63g (62.53%), Zinc: 9.19mg (61.23%), Selenium: 40.47µg (57.82%), Vitamin B12: 3.28µg (54.65%), Iron: 9.13mg (50.71%), Folate: 202.4µg (50.6%), Vitamin K: 47µg (44.77%), Vitamin B1: 0.59mg (39.26%), Magnesium: 155.2mg (38.8%), Vitamin B2: 0.64mg (37.92%), Vitamin E: 5.33mg (35.56%), Copper: 0.65mg (32.49%), Vitamin B5: 2.09mg (20.94%)