



Easy Beef Stew

 Dairy Free

READY IN



165 min.

SERVINGS



6

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 teaspoon pepper black freshly ground plus more for seasoning
- 3 medium carrots
- 3 medium celery stalks
- 3 pound beef chuck boneless
- 1 cup wine dry red
- 0.3 cup flour all-purpose
- 2 teaspoons kosher salt plus more for seasoning

- 1 quart beef broth low-sodium
- 1 cup peas frozen
- 4 thyme sprigs fresh
- 2 tablespoons tomato paste
- 3 tablespoons vegetable oil
- 1 medium onion yellow
- 1.5 pounds yukon gold potatoes

Equipment

- bowl
- knife
- whisk
- pot
- dutch oven

Directions

- Place 1/4 cup of the flour and the measured salt and pepper in a large bowl and whisk to combine; set aside. Trim the roast of excess fat and sinew and cut it into 1- to 1-1/2-inch cubes.
- Place the meat in the flour mixture and toss to coat; set aside.
- Heat the oil in a large, heavy-bottomed pot or Dutch oven over medium heat until shimmering. Shake off the excess flour from about one-third of the meat and add it to the pot. Cook, stirring rarely, until browned all over, about 4 to 5 minutes.
- Remove to a large bowl. Repeat with the remaining meat in 2 more batches; set aside.
- Add the onion to the pot and season with salt and pepper. Cook, stirring occasionally, until softened and just starting to brown, about 5 minutes.
- Add the tomato paste, stir to coat the onion, and cook until the raw flavor has cooked off, about 1 to 2 minutes.
- Sprinkle in the remaining tablespoon of flour and cook, stirring occasionally, until the raw flavor has cooked off, about 1 minute.

- Pour in the wine, scrape up any browned bits from the bottom of the pot, and cook until the mixture has thickened, about 3 minutes. Return the meat and any accumulated juices in the bowl to the pot.
- Add the broth, bay leaves, and thyme and stir to combine. Increase the heat to high and bring to a boil. Immediately reduce the heat to low and simmer uncovered for 1 hour.
- Cut the carrots, celery, and potatoes into large dice and add them to the pot (peel the carrots and potatoes first, if desired). Stir to combine, cover with a tightfitting lid, and simmer, stirring occasionally, until the vegetables and meat are knife tender, about 1 hour more.
- Remove and discard the bay leaves and thyme stems. Stir in the peas and simmer uncovered until warmed through, about 5 minutes. Taste and season with salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:71.82, Glycemic Load:20.09, Inflammation Score:-10, Nutrition Score:39.493043350137%

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: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 663.36kcal (33.17%), Fat: 33.23g (51.12%), Saturated Fat: 12.56g (78.49%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 28.79g (10.47%), Sugar: 5.17g (5.74%), Cholesterol: 156.49mg (52.16%), Sodium: 1321.79mg (57.47%), Alcohol: 4.2g (100%), Alcohol %: 0.84% (100%), Protein: 51.1g (102.21%), Zinc: 17.88mg (119.2%), Vitamin A: 5438.19IU (108.76%), Vitamin B12: 6.19µg (103.19%), Selenium: 49.69µg (70.99%), Vitamin B6: 1.33mg (66.36%), Vitamin B3: 12.32mg (61.61%), Phosphorus: 547.18mg (54.72%), Potassium: 1802.83mg (51.51%), Vitamin C: 37.48mg (45.42%), Iron: 6.66mg (37.02%), Vitamin K: 29.91µg (28.49%), Vitamin B2: 0.46mg (26.98%), Vitamin B1: 0.38mg (25.23%), Manganese: 0.47mg (23.75%), Fiber: 5.62g (22.46%), Magnesium: 87.94mg (21.99%), Vitamin B5: 1.9mg (19.02%), Copper: 0.36mg (18.04%), Folate: 61.24µg (15.31%), Vitamin E: 1.48mg (9.84%), Calcium: 80.92mg (8.09%),

Vitamin D: 0.23 μ g (1.51%)