



Farmhouse Beef and Bacon Stew



Gluten Free



Popular

READY IN



275 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef chuck trimmed (get it here)
- ☐ 1 quart beef stock homemade
- ☐ 1 tablespoon butter
- ☐ 8 ounces canadian bacon english-style chopped (find it here)
- ☐ 4 medium carrots chopped
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup pearl onions

- ☐ 1.5 cups red wine
- ☐ 4 medium russet potatoes peeled chopped
- ☐ 1 teaspoon unrefined sea salt

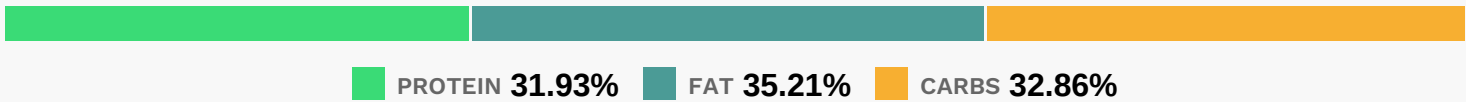
Equipment

- ☐ knife
- ☐ pot

Directions

- ☐ Sprinkle the beef with salt and pepper.Melt the butter in a heavy-bottomed stock pot, and toss in the bacon. Allow it to render its fat and brown a bit in the butter, then toss in the beef and brown on each side about 3 minutes.Stir in the vegetables, stock and wine. Bring to a boil over medium-high heat, then reduce the heat to low and simmer, covered, for 4 to 5 hours until the meat is tender.
- ☐ Remove the meat from the pot and shred it with a knife and fork. Return the shredded meat to the pot and increase the temperature to medium-high.
- ☐ Remove the pot's cover, and allow it to simmer until the liquid is reduced by 1/
- ☐ Sprinkle with fresh thyme, and serve.

Nutrition Facts



Properties

Glycemic Index:50.1, Glycemic Load:22.6, Inflammation Score:-10, Nutrition Score:32.027391454448%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin:

0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 497.92kcal (24.9%), Fat: 17.96g (27.63%), Saturated Fat: 7.89g (49.28%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 33.86g (12.31%), Sugar: 5.71g (6.34%), Cholesterol: 102.16mg (34.05%), Sodium: 1187.71mg (51.64%), Alcohol: 6.36g (100%), Alcohol %: 1.35% (100%), Protein: 36.65g (73.31%), Vitamin A: 6926.57IU (138.53%), Zinc: 10.01mg (66.72%), Vitamin B6: 1.3mg (65.03%), Vitamin B12: 3.35µg (55.88%), Vitamin B3: 10.71mg (53.54%), Selenium: 35.66µg (50.94%), Potassium: 1664.31mg (47.55%), Phosphorus: 474.7mg (47.47%), Vitamin B1: 0.58mg (38.4%), Vitamin B2: 0.48mg (28.19%), Iron: 4.97mg (27.6%), Manganese: 0.47mg (23.68%), Magnesium: 89.9mg (22.48%), Vitamin C: 15.28mg (18.52%), Copper: 0.36mg (18.03%), Fiber: 3.86g (15.44%), Vitamin B5: 1.51mg (15.07%), Folate: 44.39µg (11.1%), Vitamin K: 10.62µg (10.11%), Calcium: 86.93mg (8.69%), Vitamin D: 1.17µg (7.81%), Vitamin E: 0.66mg (4.38%)