



## Grandmaw Cain's Beef tips and Rice

READY IN



45 min.

SERVINGS



8

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 pounds beef stew meat
- ☐ 3 tablespoons butter
- ☐ 0.3 cup flour all-purpose
- ☐ 8 ounce mushrooms sliced
- ☐ 3 tablespoons olive oil
- ☐ 12 ounce rice mix long grain wild
- ☐ 5 cups water

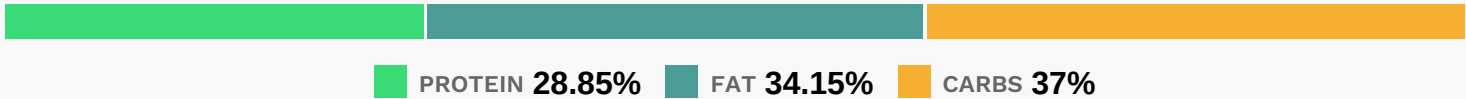
### Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

## Directions

- ☐ Melt butter with olive oil in a large heavy pot or Dutch oven over medium heat.
- ☐ Place flour in a shallow bowl and dredge the beef tips in the flour. Brown the beef in the hot butter and oil, stirring often, about 15 minutes.
- ☐ Pour water into the pot and scrape to dissolve browned food bits from the bottom of the pot. Stir in the flavor packets from the rice mix and dissolve; mix in the rice and mushrooms. Bring the mixture to a simmer and reduce heat to medium-low; simmer until beef is tender and the rice has absorbed the liquid, 20 to 30 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.27, Glycemic Load:22.83, Inflammation Score:-3, Nutrition Score:18.112173956373%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 418.48kcal (20.92%), Fat: 15.55g (23.92%), Saturated Fat: 5.45g (34.04%), Carbohydrates: 37.91g (12.64%), Net Carbohydrates: 36.96g (13.44%), Sugar: 0.63g (0.7%), Cholesterol: 81.59mg (27.2%), Sodium: 108.38mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.11%), Selenium: 41.85µg (59.78%), Vitamin B3: 9.6mg (47.99%), Vitamin B6: 0.84mg (42.08%), Zinc: 5.38mg (35.83%), Vitamin B12: 2.12µg (35.3%), Phosphorus: 322.57mg (32.26%), Manganese: 0.52mg (25.93%), Vitamin B2: 0.34mg (19.84%), Iron: 3.03mg (16.83%), Copper: 0.32mg (16.21%), Potassium: 531.23mg (15.18%), Vitamin B5: 1.37mg (13.73%), Vitamin B1: 0.19mg (12.61%), Magnesium: 42.84mg (10.71%), Vitamin E: 1.27mg (8.47%), Folate: 30.27µg (7.57%), Vitamin K: 4.94µg (4.71%), Calcium: 40.64mg (4.06%), Fiber: 0.94g (3.77%), Vitamin A: 131.2IU (2.62%)