



HEALTH SCORE

76%

Harvest Beef Stew



Dairy Free



Very Healthy

READY IN



311 min.

SERVINGS



8

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds beef stew meat 1-inch pieces
- ☐ 1 lb butternut squash peeled seeded chopped
- ☐ 14.5 oz beef broth canned
- ☐ 1 cup celery chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 3 garlic cloves crushed
- ☐ 4 tablespoons olive oil
- ☐ 8 servings garnish: parsley sprigs fresh

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1.5 teaspoons salt
- ☐ 1 cup onion sweet chopped
- ☐ 6 oz tomato paste canned

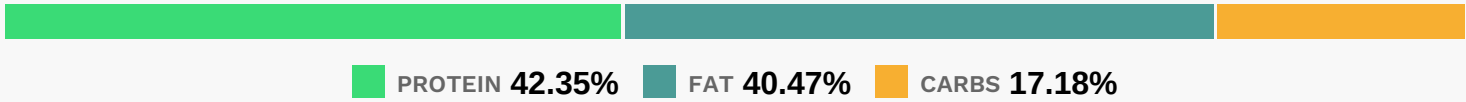
Equipment

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Rinse beef stew meat, and pat dry.
- ☐ Sprinkle with salt and pepper; toss in flour, shaking off excess.
- ☐ Cook half of beef in 2 Tbsp. hot oil in a Dutch oven over medium-high heat, stirring occasionally, 10 minutes or until browned. Repeat procedure with remaining beef and oil. Stir in tomato paste; cook 1 minute.
- ☐ Add broth, and stir to loosen particles from bottom of Dutch oven.
- ☐ Transfer mixture to a 6-qt. slow cooker.
- ☐ Stir in celery, onion, and garlic. Top with butternut squash. (Do not stir to incorporate.) Cover and cook on LOW 4 1/2 hours or until meat is tender.
- ☐ Serve over hot cooked mashed potatoes, if desired.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:2.8, Inflammation Score:-10, Nutrition Score:29.336087143939%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 8.98mg, Apigenin: 8.98mg, Apigenin: 8.98mg, Apigenin: 8.98mg

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 321.9kcal (16.1%), Fat: 14.38g (22.12%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 11.53g (4.19%), Sugar: 3.41g (3.79%), Cholesterol: 87.88mg (29.29%), Sodium: 751.25mg (32.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.85g (67.69%), Vitamin A: 6467.11IU (129.34%), Vitamin K: 77.16µg (73.48%), Selenium: 41.68µg (59.54%), Vitamin B3: 11.28mg (56.39%), Vitamin B6: 1.1mg (55.24%), Vitamin B12: 2.66µg (44.3%), Zinc: 6.17mg (41.11%), Phosphorus: 353.74mg (35.37%), Vitamin C: 20.89mg (25.32%), Potassium: 861.45mg (24.61%), Iron: 4.26mg (23.64%), Vitamin B2: 0.3mg (17.4%), Vitamin E: 2.59mg (17.25%), Vitamin B1: 0.25mg (16.85%), Magnesium: 65.02mg (16.26%), Folate: 59.95µg (14.99%), Manganese: 0.27mg (13.38%), Copper: 0.25mg (12.52%), Vitamin B5: 1.01mg (10.06%), Fiber: 2.2g (8.79%), Calcium: 82.27mg (8.23%)