



 **97%**
HEALTH SCORE

Harvest Beef Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



285 min.

SERVINGS



8

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb stew meat cut into 1-inch cubes
- 4 medium carrots cut into 1-inch pieces
- 2 medium onion cut into eighths
- 4 cloves garlic finely chopped
- 28 oz canned tomatoes diced organic undrained canned
- 0.3 cup cooking tapioca uncooked
- 1 tablespoon basil dried fresh chopped
- 1 tablespoon cumin seeds

- 1 teaspoon salt
- 8 corn kernels whole frozen
- 8 small potatoes - remove skin red cut in half (1 lb)
- 2 small zucchini thinly sliced

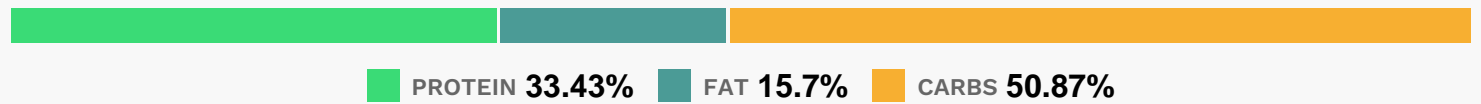
Equipment

- oven
- dutch oven

Directions

- Heat oven to 325°F. In Dutch oven, mix all ingredients except corn, potatoes and zucchini. Cover; bake 2 hours 30 minutes, stirring 2 or 3 times during the first 1 hour 30 minutes.
- Stir in corn and potatoes. Cover; bake 1 hour to 1 hour 30 minutes longer or until beef and vegetables are tender.
- Stir in zucchini. Cover; let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.23, Glycemic Load:3.81, Inflammation Score:-10, Nutrition Score:32.73217404407%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 368.22kcal (18.41%), Fat: 6.54g (10.07%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 47.69g (15.9%), Net Carbohydrates: 40.98g (14.9%), Sugar: 9.99g (11.1%), Cholesterol: 70.31mg (23.44%), Sodium: 544.21mg (23.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.35g (62.69%), Vitamin A: 5393.94IU (107.88%), Vitamin B6: 1.33mg (66.52%), Vitamin B3: 11.37mg (56.86%), Potassium: 1699.61mg (48.56%), Selenium: 33.36µg (47.65%), Phosphorus: 416.98mg (41.7%), Vitamin C: 33.41mg (40.5%), Zinc: 5.85mg (39.02%), Vitamin B12: 2.1µg (34.96%),

Iron: 6.1mg (33.9%), Manganese: 0.67mg (33.47%), Copper: 0.58mg (29.13%), Fiber: 6.71g (26.84%), Magnesium: 102.99mg (25.75%), Vitamin B1: 0.37mg (24.81%), Vitamin K: 25.59µg (24.37%), Vitamin B2: 0.35mg (20.56%), Folate: 78.38µg (19.6%), Vitamin B5: 1.44mg (14.39%), Vitamin E: 1.92mg (12.8%), Calcium: 114.5mg (11.45%)