



Hearty Beef and Potato Stew

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce baguettes cut into 6 equal servings
- ☐ 2.5 pounds baking potatoes peeled cut into 1-inch pieces
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 1.5 cups carrots chopped
- ☐ 3 pounds chuck roast boneless divided trimmed cut into 2-inch cubes,
- ☐ 1 cup cooking wine dry red

- ☐ 1 tablespoon flour
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 16 garlic cloves crushed
- ☐ 1 cup less-sodium beef broth
- ☐ 2 cups onion chopped
- ☐ 1.8 teaspoons salt
- ☐ 1.3 cups water divided

Equipment

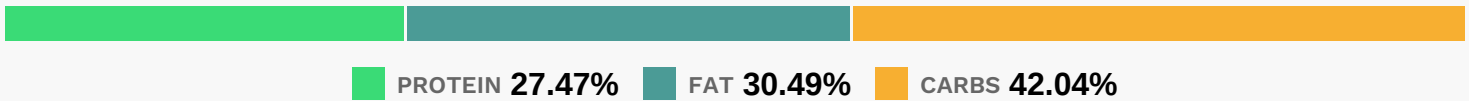
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 30
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add garlic; saut 1 minute or until garlic just begins to brown.
- ☐ Remove garlic from pan with a slotted spoon; place in a large bowl. Coat pan with cooking spray.
- ☐ Add onion; saut 3 minutes or until tender.
- ☐ Add onion to garlic. Coat pan with cooking spray.
- ☐ Add half of beef to pan; saut 5 minutes or until browned on all sides.
- ☐ Add beef and any accumulated juices to onion mixture. Coat pan with cooking spray.
- ☐ Add remaining beef to pan; saut 5 minutes or until browned on all sides.
- ☐ Add beef and any accumulated juices to onion mixture.
- ☐ Add wine to pan; bring to a boil, scraping pan to loosen browned bits.

- ☐ Add beef mixture. Stir in carrot, rosemary, salt, pepper, and bay leaves.
- ☐ Add 1 cup water, broth, and tomatoes; stir to combine. Bring to a boil; cook 1 minute.
- ☐ Remove from heat; cover and bake at 300 for 1 1/2 hours.
- ☐ Remove from oven; uncover and stir in potatoes.
- ☐ Combine remaining 1/4 cup water and flour; stir with a whisk until smooth. Stir flour mixture into stew. Cover and bake an additional 1 1/2 hours or until beef is tender. Discard bay leaves.
- ☐ Sprinkle with parsley, if desired.
- ☐ Serve with bread.

Nutrition Facts



Properties

Glycemic Index:30.61, Glycemic Load:27.69, Inflammation Score:-9, Nutrition Score:26.117391430813%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 431.91kcal (21.6%), Fat: 14.31g (22.02%), Saturated Fat: 5.98g (37.39%), Carbohydrates: 44.41g (14.8%), Net Carbohydrates: 40.67g (14.79%), Sugar: 5.92g (6.58%), Cholesterol: 78.24mg (26.08%), Sodium: 818mg (35.57%), Alcohol: 2.1g (100%), Alcohol %: 0.62% (100%), Protein: 29.01g (58.03%), Zinc: 9.34mg (62.24%), Vitamin A: 2771.67IU (55.43%), Vitamin B12: 3.1µg (51.6%), Vitamin B6: 0.98mg (49.01%), Selenium: 31.24µg (44.63%), Vitamin B3: 8.34mg (41.7%), Phosphorus: 335.51mg (33.55%), Potassium: 1094.43mg (31.27%), Iron: 5.36mg (29.78%), Vitamin B1: 0.44mg (29.27%), Manganese: 0.53mg (26.46%), Vitamin B2: 0.38mg (22.28%), Vitamin C: 15.93mg (19.31%), Folate: 71.99µg (18%), Magnesium: 66.8mg (16.7%), Fiber: 3.74g (14.95%), Copper: 0.3mg (14.77%), Vitamin B5: 1.31mg (13.09%), Calcium: 112.75mg (11.27%), Vitamin K: 8.95µg (8.52%), Vitamin E: 0.92mg (6.11%)