



Hearty Beef and Stout Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces beef chuck boneless trimmed thinly sliced
- 1.5 cups beef stock unsalted (such as Swanson)
- 0.3 teaspoon pepper black
- 1.5 cups diagonally cut carrot ()
- 2 cups pre cremini mushrooms
- 1 tablespoon flour all-purpose
- 2 teaspoons garlic minced
- 1.5 teaspoons lower-sodium soy sauce

- 5 teaspoons olive oil divided
- 2 cups onion finely chopped
- 0.3 teaspoon salt
- 0.8 cup stout beer (such as Guinness)
- 3 thyme sprigs
- 1 tablespoon tomato paste

Equipment

- bowl
- frying pan
- whisk

Directions

- Sprinkle beef with salt and pepper.
- Heat a large skillet over medium-high heat.
- Add 1 tablespoon olive oil to pan, and swirl to coat.
- Add beef to pan, and cook for 3 minutes, browning on all sides.
- Remove beef from pan.
- Add the remaining 2 teaspoons oil to pan, and swirl to coat.
- Add chopped onion, carrot, mushrooms, and thyme sprigs; saut for 4 minutes.
- Add tomato paste and minced garlic; saut 1 minute.
- Add beer; cook 1 minute, scraping pan to loosen browned bits.
- Combine beef stock and flour in a small bowl, stirring with a whisk.
- Add stock mixture to pan. Cover, reduce heat, and simmer 15 minutes. Stir in beef, and cook 1 minute or until thoroughly heated. Stir in soy sauce. Discard thyme.

Nutrition Facts



Properties

Glycemic Index:75.21, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:23.066086896088%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.37mg, Quercetin: 16.37mg, Quercetin: 16.37mg

Nutrients (% of daily need)

Calories: 298.25kcal (14.91%), Fat: 15.14g (23.3%), Saturated Fat: 5.08g (31.74%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 15.64g (5.69%), Sugar: 7.29g (8.1%), Cholesterol: 58.68mg (19.56%), Sodium: 530.5mg (23.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.28%), Vitamin A: 8128.99IU (162.58%), Zinc: 7.28mg (48.55%), Selenium: 29.48µg (42.12%), Vitamin B12: 2.36µg (39.3%), Vitamin B3: 6.68mg (33.38%), Vitamin B6: 0.61mg (30.56%), Phosphorus: 283.59mg (28.36%), Potassium: 942.03mg (26.92%), Vitamin B2: 0.46mg (26.84%), Copper: 0.36mg (17.92%), Iron: 2.9mg (16.1%), Manganese: 0.32mg (15.93%), Vitamin B1: 0.21mg (13.99%), Vitamin C: 11.3mg (13.69%), Fiber: 3.32g (13.26%), Vitamin B5: 1.33mg (13.25%), Vitamin K: 11.72µg (11.17%), Magnesium: 44.64mg (11.16%), Folate: 42.81µg (10.7%), Vitamin E: 1.41mg (9.4%), Calcium: 71.11mg (7.11%)