



Hearty Beef and Tomato Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 2 cups carrots sliced
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1.5 cups less-sodium beef broth fat-free

- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion finely chopped (1 medium)
- ☐ 16 ounce pearl onions frozen
- ☐ 0.8 cup pinot noir chocolate brownies dry red
- ☐ 1.5 pounds potatoes red cubed
- ☐ 1 rosemary sprig
- ☐ 1 teaspoon salt
- ☐ 2 pounds rump steak trimmed cut into 1/2-inch cubes
- ☐ 1 tablespoon tomato paste

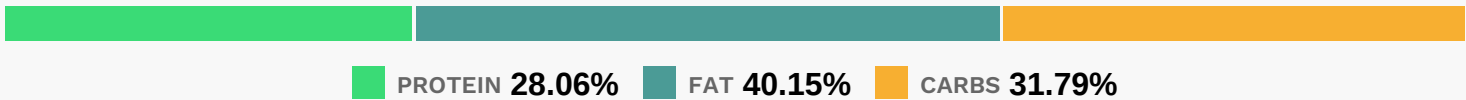
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add beef; cook 5 minutes or until browned, stirring frequently.
- ☐ Remove beef from pan, reserving 1 tablespoon of drippings in pan.
- ☐ Add onion and garlic to pan; saut 2 minutes or until onion begins to brown.
- ☐ Add tomato paste; cook 1 minute, stirring frequently.
- ☐ Add broth; bring to a boil. Return meat to pan.
- ☐ Add potato and next 7 ingredients (through bay leaf); bring to a simmer. Cover and cook 1 hour and 15 minutes or until vegetables are tender, stirring occasionally. Discard rosemary and bay leaf. Stir in salt and pepper. Top with parsley.
- ☐ Lycopene count: 11 milligrams per serving.

Nutrition Facts



Properties

Glycemic Index:49.1, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:29.43173930956%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 3.85mg, Isorhamnetin: 3.85mg, Isorhamnetin: 3.85mg, Isorhamnetin: 3.85mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg

Nutrients (% of daily need)

Calories: 422.88kcal (21.14%), Fat: 18.42g (28.34%), Saturated Fat: 7.08g (44.25%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 26.93g (9.79%), Sugar: 10.52g (11.69%), Cholesterol: 63.5mg (21.17%), Sodium: 624.05mg (27.13%), Alcohol: 2.36g (100%), Alcohol %: 0.62% (100%), Protein: 28.96g (57.91%), Vitamin A: 5939.18IU (118.78%), Vitamin K: 74.91µg (71.34%), Vitamin B12: 3.15µg (52.54%), Vitamin B6: 0.88mg (44.24%), Potassium: 1383.83mg (39.54%), Vitamin C: 30.6mg (37.09%), Vitamin B3: 6.84mg (34.2%), Phosphorus: 320.79mg (32.08%), Zinc: 4.55mg (30.36%), Selenium: 20.43µg (29.18%), Iron: 4.88mg (27.12%), Manganese: 0.53mg (26.32%), Fiber: 5.89g (23.55%), Copper: 0.45mg (22.57%), Vitamin B1: 0.32mg (21.35%), Vitamin B2: 0.33mg (19.54%), Magnesium: 76.91mg (19.23%), Folate: 61.96µg (15.49%), Vitamin E: 1.74mg (11.58%), Vitamin B5: 1.08mg (10.76%), Calcium: 88.49mg (8.85%)