



HEARTY ROASTED VEGETABLE BEEF STEW

Hearty Roasted Vegetable Beef Stew | Slow Cooker s

READY IN



390 min.

SERVINGS



12

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup flour
- 0.3 teaspoon pepper black freshly ground
- 32 ounces chicken broth
- 3 cups brussels sprouts halved
- 1 pound carrots peeled cut into 1 inch pieces
- 5 stalks celery cut into 1 inch pieces
- 0.5 teaspoon thyme dried
- 3 tablespoons olive oil extra virgin

- 0.5 pound fingerling potatoes cut into 1 inch pieces
- 0.3 teaspoon garlic salt
- 0.5 teaspoon kosher salt
- 1 large onion coarsely chopped
- 2 pounds stew meat
- 0.5 cup butter unsalted

Equipment

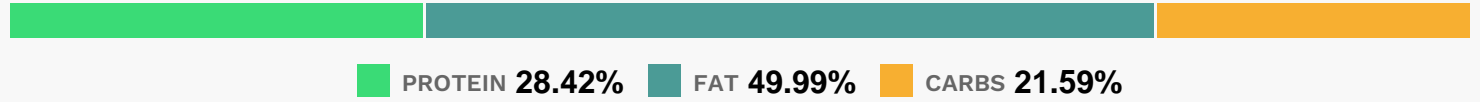
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- dutch oven
- slow cooker

Directions

- Preheat oven to 375 degrees F. and line a large baking sheet with parchment paper or a silpat liner.
- Place
- Place all of your cut vegetables onto prepared baking sheet, use 2 if necessary.
- Bake for 20 minutes, or until slightly softened. Vegetables will cook more in the slow cooker.
- Place beef into large ziploc with flour, salt and pepper. Shake to coat all pieces.
- Heat large dutch oven over medium heat with bacon drippings (preferred) or olive oil. Brown flour coated beef pieces in hot pan to brown both sides, about 5 minutes per side.
- Transfer browned beef to slow cooker placed on low setting.
- Add roasted vegetables and broth. Melt butter into a medium saucepan over medium heat.

- Whisk in flour, salt and pepper until smooth. Slowly whisk in broth. Continue whisking until thickened. Stir in dried thyme then stir into slow cooker.
- Let cook for 5–8 hours until beef is fork tender. Season to your liking.
- Serve warm over mashed potatoes or just by itself in a bowl.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:7.19, Inflammation Score:-10, Nutrition Score:21.388695766097%

Flavonoids

Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 275.15kcal (13.76%), Fat: 15.35g (23.62%), Saturated Fat: 6.69g (41.8%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 11.96g (4.35%), Sugar: 3.52g (3.91%), Cholesterol: 68.72mg (22.91%), Sodium: 515.94mg (22.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.28%), Vitamin A: 6795.79IU (135.92%), Vitamin K: 53.7µg (51.14%), Vitamin B6: 0.68mg (34%), Selenium: 23.68µg (33.83%), Vitamin B3: 6.39mg (31.95%), Vitamin C: 26.12mg (31.66%), Vitamin B12: 1.43µg (23.83%), Zinc: 3.53mg (23.51%), Phosphorus: 220.41mg (22.04%), Potassium: 627.89mg (17.94%), Vitamin B2: 0.26mg (15.02%), Iron: 2.56mg (14.21%), Manganese: 0.28mg (14.03%), Vitamin B1: 0.21mg (13.85%), Folate: 51.76µg (12.94%), Fiber: 2.96g (11.82%), Vitamin E: 1.48mg (9.86%), Magnesium: 37.43mg (9.36%), Copper: 0.16mg (7.95%), Vitamin B5: 0.65mg (6.54%), Calcium: 55.06mg (5.51%)