



Hearty Slow Cooked Beef Stew

 Dairy Free

READY IN



260 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 beef bouillon cubes
- ☐ 2 pounds beef stew meat trimmed cut into 1-inch cubes
- ☐ 8 ounce tomato sauce canned
- ☐ 1 cup carrots chopped
- ☐ 2 tablespoons cornstarch
- ☐ 1 teaspoon rosemary dried
- ☐ 1 ounce onion soup mix dry lipton® (such as)
- ☐ 1 cup cooking wine dry red

- ☐ 1 teaspoon garlic powder
- ☐ 1 pinch ground pepper black
- ☐ 15 ounce new potatoes drained quartered canned
- ☐ 1 onion chopped
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons water cold

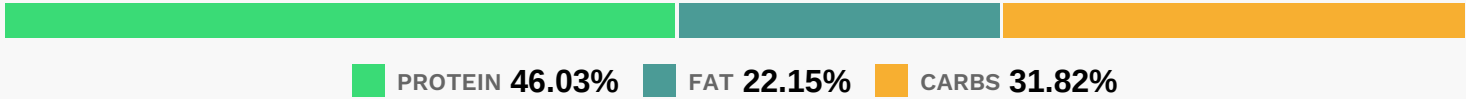
Equipment

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Put beef stew meat, potatoes, onion, and carrot in the crock of a slow cooker.
- ☐ Add tomato sauce, water, red wine, beef bouillon cubes, onion soup mix, rosemary, garlic powder, salt, and pepper to the beef mixture; stir gently.
- ☐ Whisk cornstarch into water until dissolved; stir gently into the beef mixture.
- ☐ Cook on High for 4 hours.

Nutrition Facts



Properties

Glycemic Index:51.6, Glycemic Load:10.79, Inflammation Score:-10, Nutrition Score:26.447826095249%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg

0.13mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 352.62kcal (17.63%), Fat: 7.82g (12.04%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 21.87g (7.95%), Sugar: 4.11g (4.57%), Cholesterol: 93.8mg (31.27%), Sodium: 1371.51mg (59.63%), Alcohol: 4.2g (100%), Alcohol %: 1.49% (100%), Protein: 36.59g (73.17%), Vitamin A: 3730.74IU (74.61%), Vitamin B6: 1.32mg (66.18%), Selenium: 43.24µg (61.76%), Vitamin B3: 11.69mg (58.43%), Vitamin B12: 2.81µg (46.84%), Zinc: 6.74mg (44.9%), Phosphorus: 403.89mg (40.39%), Potassium: 1067.21mg (30.49%), Iron: 4.27mg (23.73%), Vitamin C: 19.4mg (23.52%), Vitamin B2: 0.32mg (19.03%), Magnesium: 66.77mg (16.69%), Vitamin B1: 0.25mg (16.47%), Copper: 0.31mg (15.37%), Fiber: 3.43g (13.71%), Manganese: 0.27mg (13.53%), Vitamin B5: 1.11mg (11.15%), Folate: 42.65µg (10.66%), Vitamin E: 1.16mg (7.73%), Vitamin K: 7.2µg (6.86%), Calcium: 62.54mg (6.25%)