



## Hearty Vegetable Stew Seasoned with Beef

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 28.5 ounce beef broth fat-free canned
- 3 cups carrots cubed
- 0.5 pound boned chuck roast lean
- 1 tablespoon cornstarch
- 0.5 cup cooking wine dry red
- 3 garlic cloves minced
- 2.5 cups mushrooms quartered
- 1 teaspoon olive oil divided

- 4 cups onion vertically sliced
- 10 ounce peas green frozen thawed
- 0.3 teaspoon pepper
- 3 cups potatoes red cubed
- 0.3 teaspoon salt
- 0.3 cup tomato paste
- 2 tablespoons water

## Equipment

- bowl
- frying pan
- sauce pan
- ladle
- dutch oven

## Directions

- Bring beef broth to a boil in a small saucepan; cook 15 minutes or until reduced to 2 cups. Set aside.
- Trim fat from roast; cut into 1/2-inch cubes.
- Heat 1/2 teaspoon oil in a large Dutch oven over medium-high heat.
- Add beef; brown on one side.
- Remove from pan, and set aside.
- Heat remaining oil in pan over medium-high heat.
- Add onion, tomato paste, and garlic; cook 5 minutes, stirring constantly. Return beef to pan.
- Add reduced broth, carrots, and next 6 ingredients (carrots through peas); bring to a boil. Cover, reduce heat, and simmer 45 minutes or until vegetables are tender.
- Combine water and cornstarch in a small bowl; stir well.
- Add to stew. Bring to a boil; cook 1 minute, stirring constantly. Ladle into soup bowls; garnish with parsley, if desired.

Note: If you don't want alcohol in your stew, you can substitute a dealcoholized wine (Graham used Ariel Cabernet Sauvignon Barrel Select).

## Nutrition Facts



**PROTEIN 24.47%** **FAT 20.96%** **CARBS 54.57%**

### Properties

Glycemic Index:64.29, Glycemic Load:11.2, Inflammation Score:-10, Nutrition Score:35.248260897139%

### Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 33.26mg, Quercetin: 33.26mg, Quercetin: 33.26mg, Quercetin: 33.26mg

### Nutrients (% of daily need)

Calories: 392.47kcal (19.62%), Fat: 9.03g (13.89%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 52.89g (17.63%), Net Carbohydrates: 40.89g (14.87%), Sugar: 19.95g (22.17%), Cholesterol: 39.12mg (13.04%), Sodium: 1205.45mg (52.41%), Alcohol: 3.15g (100%), Alcohol %: 0.52% (100%), Protein: 23.71g (47.43%), Vitamin A: 16928.3IU (338.57%), Vitamin C: 57.43mg (69.62%), Vitamin B3: 10.14mg (50.69%), Potassium: 1689.96mg (48.28%), Fiber: 12g (47.98%), Vitamin B6: 0.92mg (45.75%), Manganese: 0.89mg (44.43%), Zinc: 6.31mg (42.07%), Phosphorus: 397.9mg (39.79%), Vitamin B2: 0.61mg (35.99%), Vitamin K: 36.7µg (34.96%), Selenium: 22.67µg (32.38%), Vitamin B1: 0.48mg (31.92%), Copper: 0.62mg (31.07%), Folate: 123.48µg (30.87%), Vitamin B12: 1.71µg (28.55%), Iron: 4.62mg (25.65%), Magnesium: 93.58mg (23.4%), Vitamin B5: 2.02mg (20.22%), Vitamin E: 1.96mg (13.09%), Calcium: 128.23mg (12.82%), Vitamin D: 0.18µg (1.18%)