



 **38%**
HEALTH SCORE

Hobo Stew

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 4 cups beef broth
- 28 ounce blackeyed peas drained canned
- 28 ounce tomatoes diced with their juices canned
- 4 carrots diced
- 2 stalks celery diced
- 0.3 cup flour
- 4 garlic clove minced

- 28 ounce green beans drained canned
- 1 lb ground beef
- 28 ounce hominy drained canned
- 0.3 cup olive oil
- 1 onion diced
- 0.3 cup oregano dried fresh minced (or 1 tablespoon)
- 4 large baking potatoes peeled cut into 1-inch chunks (roughly 2 pounds)
- 10 servings salt and pepper
- 2 tablespoons tomato paste
- 28 ounce vegetable stock canned
- 2 tablespoons worcestershire sauce

Equipment

- pot

Directions

- Heat oil in a large pot over medium-high heat.
- Add in the onion, carrots, and celery. Cook until the onion is translucent.
- Add the meat and cook until no longer pink. Toss in the tomato paste and cook for roughly two minutes. The color of the paste will deepen. Put in the garlic and cook 30 seconds, until garlic is fragrant.
- Add the flour and stir to coat the meat and vegetables. Allow to cook for 2 or 3 minutes to cook out the raw flour taste. Stir in the tomatoes with their juices.
- Add both kinds of broth, Worcestershire sauce, bay leaves, and then carefully place your potatoes in. Stir in the rest of the vegetables (green beans, hominy, and black-eyes peas.). Bring to a boil, then cover, reduce heat and simmer hard (or low boil) until the potatoes are done (you will be able to easily slide a fork in.) It could take up to an hour depending on how small you cut the potatoes. Stir occasionally. When potatoes are done remove the bay leaves, stir in the oregano, and salt and pepper to taste.

Nutrition Facts



■ PROTEIN 17.02% ■ FAT 27.92% ■ CARBS 55.06%

Properties

Glycemic Index:47.76, Glycemic Load:30.74, Inflammation Score:-10, Nutrition Score:34.911304347826%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 514.75kcal (25.74%), Fat: 16.39g (25.21%), Saturated Fat: 4.67g (29.22%), Carbohydrates: 72.72g (24.24%), Net Carbohydrates: 58.96g (21.44%), Sugar: 12.66g (14.07%), Cholesterol: 32.21mg (10.74%), Sodium: 1395.34mg (60.67%), Protein: 22.47g (44.95%), Vitamin A: 5009.49IU (100.19%), Folate: 243.1µg (60.78%), Vitamin K: 58.16µg (55.4%), Fiber: 13.75g (55.02%), Manganese: 1.08mg (54.07%), Vitamin B6: 1.04mg (51.88%), Potassium: 1532.4mg (43.78%), Iron: 7.42mg (41.22%), Phosphorus: 387.54mg (38.75%), Vitamin C: 29.85mg (36.19%), Magnesium: 137.88mg (34.47%), Vitamin B3: 6.41mg (32.05%), Zinc: 4.67mg (31.11%), Vitamin B1: 0.46mg (30.81%), Copper: 0.58mg (28.91%), Vitamin B2: 0.36mg (21.46%), Selenium: 14.57µg (20.82%), Vitamin E: 2.65mg (17.68%), Vitamin B12: 1.04µg (17.3%), Vitamin B5: 1.55mg (15.48%), Calcium: 154.8mg (15.48%)