



Irish Beef Stew

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 large garlic clove minced
- 2 tablespoons tomato paste
- 2 bay leaves
- 2 cups carrots peeled
- 1 tablespoon thyme dried
- 1 tablespoon sugar
- 2 tablespoons parsley fresh chopped
- 1 tablespoon worcestershire sauce

- 8 cups beef broth canned
- 1.3 pounds stew meat cut into 1-inch pieces
- 1 large onion chopped
- 0.3 cup vegetable oil
- 2 tablespoons butter ()
- 3 pounds baking potatoes peeled cut into 1/2-inch pieces (7 cups)

Equipment

- bowl
- frying pan
- pot

Directions

- Heat oil in heavy large pot over medium-high heat.
- Add beef and sauté until brown on all sides, about 5 minutes.
- Add garlic and sauté 1 minute.
- Add beef stock, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir to combine. Bring mixture to boil. Reduce heat to medium-low, then cover and simmer 1 hour, stirring occasionally.
- Meanwhile, melt butter in another large pot over medium heat.
- Add potatoes, onion and carrots. Sauté vegetables until golden, about 20 minutes.
- Add vegetables to beef stew. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard bay leaves. Tilt pan and spoon off fat. (Can be prepared up to 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and refrigerate. Bring to simmer before serving.)
- Transfer stew to serving bowl.
- Sprinkle with parsley and serve.

Nutrition Facts



■ PROTEIN 24.52% ■ FAT 33.52% ■ CARBS 41.96%

Properties

Glycemic Index:64.28, Glycemic Load:36.15, Inflammation Score:-10, Nutrition Score:32.444347713305%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 496.27kcal (24.81%), Fat: 18.68g (28.73%), Saturated Fat: 5.85g (36.58%), Carbohydrates: 52.61g (17.54%), Net Carbohydrates: 47.46g (17.26%), Sugar: 7.47g (8.3%), Cholesterol: 68.62mg (22.87%), Sodium: 1395.72mg (60.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.73g (61.47%), Vitamin A: 7470.84IU (149.42%), Vitamin B6: 1.57mg (78.74%), Vitamin B3: 11.93mg (59.67%), Vitamin K: 61.96µg (59.01%), Potassium: 1716.74mg (49.05%), Selenium: 30.31µg (43.29%), Phosphorus: 405.68mg (40.57%), Vitamin B12: 1.98µg (33%), Iron: 5.91mg (32.81%), Zinc: 4.87mg (32.46%), Manganese: 0.62mg (30.91%), Vitamin C: 21.89mg (26.53%), Magnesium: 94.49mg (23.62%), Vitamin B1: 0.34mg (22.39%), Fiber: 5.15g (20.6%), Vitamin B2: 0.35mg (20.35%), Copper: 0.4mg (19.86%), Folate: 68.3µg (17.08%), Vitamin B5: 1.34mg (13.42%), Vitamin E: 1.74mg (11.59%), Calcium: 112.71mg (11.27%)