



 **50%**
HEALTH SCORE

Jammin' Beef Stew

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flour
- 2 bay leaves
- 2 pounds stew meat cut into 1-inch pieces
- 14.5 ounce beef broth canned
- 14.5 ounce canned tomatoes diced canned
- 3 carrots cleaned sliced
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon pepper black

- 6 baby potatoes quartered
- 1.5 teaspoons salt
- 0.5 cup reduced sugar concord grape jam
- 1 tablespoon worcestershire sauce
- 1 cup onion yellow chopped

Equipment

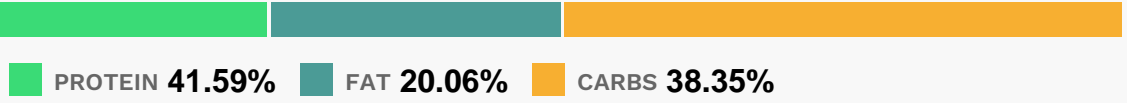
- pot
- stove
- dutch oven
- slow cooker

Directions

- STOVE TOP METHOD: Spray a 4-1/2 quart Dutch oven with no-stick spray.
- Place meat in pot.
- Combine flour, salt and pepper. Toss with meat to coat evenly.
- Add onions, carrots, bay leaves, Worcestershire sauce, tomatoes, grape jam, broth or water.
- Mix to combine ingredients.
- Bring to a boil, then reduce to a simmer. Cover and simmer 1 hour, stirring occasionally.
- Add potatoes, simmering 30 minutes more or until meat and potatoes are fork-tender.
- Remove bay leaves.
- Add chopped parsley, stirring to combine gravy. Season to taste with salt and pepper.
- SLOW COOKER METHOD: Spray slow cooker with no-stick spray.
- Place meat in cooker.
- Combine flour, salt and pepper. Toss with meat to coat evenly.
- Add onions, carrots, bay leaves, Worcestershire sauce, tomatoes, grape jam, broth or water and potatoes.
- Mix to combine ingredients.
- Cover and cook on LOW 8 to 10 hours (or on HIGH 5 to 6 hours) or until meat is fork-tender.

- Remove bay leaves.
- Add chopped parsley, stirring to combine gravy. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:41.82, Glycemic Load:9.74, Inflammation Score:-10, Nutrition Score:23.585652040399%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 263.45kcal (13.17%), Fat: 6.09g (9.36%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 22.79g (8.29%), Sugar: 10.05g (11.16%), Cholesterol: 70.31mg (23.44%), Sodium: 805.89mg (35.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.78%), Vitamin A: 4021.02IU (80.42%), Vitamin B6: 1.01mg (50.41%), Selenium: 33.91µg (48.44%), Vitamin B3: 9.64mg (48.21%), Vitamin B12: 2.13µg (35.56%), Zinc: 5.12mg (34.13%), Phosphorus: 312.14mg (31.21%), Potassium: 881.64mg (25.19%), Vitamin K: 24.52µg (23.35%), Iron: 3.96mg (22.01%), Vitamin C: 17.45mg (21.15%), Vitamin B2: 0.27mg (16.14%), Vitamin B1: 0.24mg (15.73%), Copper: 0.28mg (14.23%), Manganese: 0.28mg (13.86%), Magnesium: 55.41mg (13.85%), Fiber: 3.39g (13.57%), Folate: 47.47µg (11.87%), Vitamin B5: 0.88mg (8.81%), Vitamin E: 1.17mg (7.78%), Calcium: 65.54mg (6.55%)