



Korean-style Tofu, Vegetable, and Beef Stew



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups beef stock reduced-sodium
- ☐ 0.5 cup daikon radish halved lengthwise thinly sliced
- ☐ 2 tablespoons garlic finely chopped
- ☐ 5 green onions halved lengthwise cut into 2-in. pieces
- ☐ 5 ounces ground beef
- ☐ 4 tablespoons japanese akamiso red (doenjang) (miso)
- ☐ 1 teaspoon soya sauce reduced-sodium
- ☐ 1 pound napa cabbage cut into 1/2-in.-thick slices

- ☐ 4 chiles dried split red
- ☐ 3 teaspoons asian sesame oil divided
- ☐ 1 pound water-packed tofu soft
- ☐ 0.5 pound zucchini yellow halved lengthwise thinly sliced

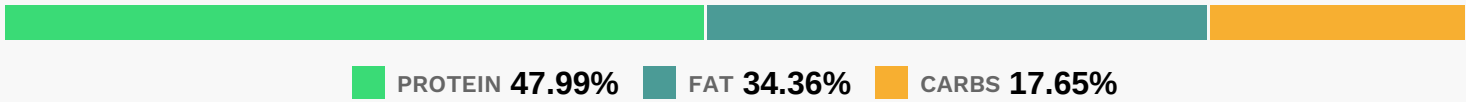
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Toss beef with 1 tsp. each soy sauce and sesame oil and cook, stirring, over medium heat in a small saucepan. Set aside.
- ☐ Put stock, 1 tbsp. soy sauce, and 2 tsp. sesame oil in a large, heavy pot.
- ☐ Add fermented soybean paste (if using Japanese red miso instead, add just before serving) and stir to dissolve. Stir in garlic and chiles and bring to a boil, covered.
- ☐ Add tofu, cabbage, zucchini, daikon, and two-thirds of the green onions; return to a boil, then lower heat and simmer, covered, until everything is tender, at least 5 minutes. Meanwhile, if using Japanese red miso, whisk with 1/2 cup hot broth. Stir miso broth, remaining green onions, and reserved beef into stew just before serving.
- ☐ *Find at Korean markets. Japanese akamiso is available at gourmet grocery stores; you could also use white miso in a pinch.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.63, Inflammation Score:-8, Nutrition Score:35.113912872646%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol:

0.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 311.53kcal (15.58%), Fat: 12g (18.46%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 10.71g (3.9%), Sugar: 5.92g (6.58%), Cholesterol: 65.98mg (21.99%), Sodium: 1052.39mg (45.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.7g (75.4%), Selenium: 88.24µg (126.06%), Vitamin K: 93.74µg (89.27%), Vitamin B3: 16.85mg (84.24%), Vitamin B12: 3.67µg (61.21%), Vitamin C: 49.36mg (59.84%), Vitamin B6: 1.11mg (55.41%), Potassium: 1577.87mg (45.08%), Phosphorus: 402.65mg (40.26%), Vitamin B2: 0.62mg (36.74%), Folate: 138.5µg (34.62%), Iron: 4.55mg (25.3%), Manganese: 0.47mg (23.37%), Magnesium: 92.39mg (23.1%), Zinc: 3.44mg (22.94%), Copper: 0.38mg (19.01%), Calcium: 178.23mg (17.82%), Vitamin B1: 0.26mg (17.27%), Vitamin A: 830.01IU (16.6%), Fiber: 3.16g (12.62%), Vitamin D: 1.4µg (9.31%), Vitamin B5: 0.69mg (6.87%), Vitamin E: 1.01mg (6.74%)