

LaVohn's Beef Stew

 Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 cups beef broth
- ☐ 1.5 pounds beef stew meat cubed
- ☐ 1 cup wine
- ☐ 2 tablespoons canola oil
- ☐ 4 carrots peeled chopped
- ☐ 2 teaspoons thyme leaves dried
- ☐ 0.7 cup flour all-purpose

- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 onion diced
- ☐ 4 potatoes cubed peeled
- ☐ 1 teaspoon salt
- ☐ 2 cups vegetable broth
- ☐ 2 cups water

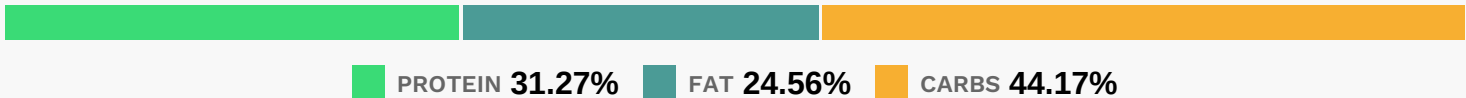
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In a bowl, stir together the flour, black pepper, salt, and garlic powder.
- ☐ Heat canola oil in a skillet over medium heat. Dredge the pieces of beef in the seasoned flour, and brown the beef on all sides in the hot oil.
- ☐ Mix together the water, vegetable broth, beef broth, Cabernet wine, thyme, bay leaves, onion, and garlic in a large Dutch oven or heavy pot.
- ☐ Add the beef, bring to a boil, and reduce heat to a simmer. Cook the stew until beef is very tender and liquid has reduced, about 1 1/2 hours. Stir in the carrots and potatoes, bring back to a boil, and simmer until vegetables are tender, about 30 more minutes.
- ☐ Mix the cornstarch in a small bowl with a little water until smooth, and stir into the stew. Simmer until thickened, stirring constantly. Adjust salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:57.43, Glycemic Load:28.05, Inflammation Score:-10, Nutrition Score:29.344347808672%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 430.94kcal (21.55%), Fat: 10.89g (16.76%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 38.86g (14.13%), Sugar: 4.54g (5.05%), Cholesterol: 70.31mg (23.44%), Sodium: 1104.2mg (48.01%), Alcohol: 4.2g (100%), Alcohol %: 0.87% (100%), Protein: 31.2g (62.41%), Vitamin A: 6981.46IU (139.63%), Vitamin B6: 1.27mg (63.49%), Vitamin B3: 11.05mg (55.26%), Selenium: 37.46µg (53.52%), Vitamin C: 32.08mg (38.89%), Phosphorus: 373.78mg (37.38%), Zinc: 5.41mg (36.07%), Vitamin B12: 2.15µg (35.9%), Potassium: 1214.93mg (34.71%), Iron: 4.89mg (27.17%), Manganese: 0.5mg (25.24%), Vitamin B1: 0.37mg (24.68%), Fiber: 5.23g (20.9%), Vitamin B2: 0.34mg (20.25%), Folate: 77µg (19.25%), Magnesium: 73.92mg (18.48%), Vitamin K: 19.14µg (18.23%), Copper: 0.33mg (16.73%), Vitamin B5: 1.14mg (11.36%), Vitamin E: 1.48mg (9.89%), Calcium: 75.21mg (7.52%)