



Mawmenye (Lentils and Beef Stew)

 **Gluten Free**

READY IN

ready

100 min.

SERVINGS

servings

6

CALORIES

calories

412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups beef broth
- ☐ 1.3 pounds beef stew meat lean cut into 1-inch cubes
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken broth
- ☐ 0.5 teaspoon basil dried
- ☐ 0.7 cup figs dried chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 1 cup lentils dry
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 cup turnip diced

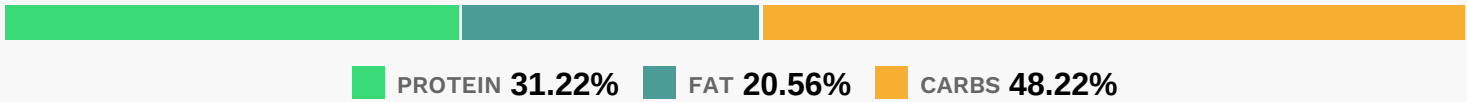
Equipment

- ☐ pot

Directions

- ☐ Melt butter in a large pot over medium-high heat. Season the beef with salt and pepper, then cook in the pot until browned on the outside.
- ☐ Pour in the chicken broth, and simmer over medium heat for about 45 minutes, until the beef is tender.
- ☐ Remove the beef from the liquid, and set aside.
- ☐ Pour the beef broth into the pot, and add the lentils. Bring to a boil, then simmer over low heat for 15 minutes.
- ☐ Season the turnips with cinnamon, nutmeg, salt and basil, and add them to the pot. Return the beef to the pot, and stir in the raisins and figs. Simmer for 10 minutes to blend the flavors before serving.

Nutrition Facts



Properties

Glycemic Index:57.4, Glycemic Load:16.05, Inflammation Score:-6, Nutrition Score:24.96130399082%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 412.14kcal (20.61%), Fat: 9.59g (14.75%), Saturated Fat: 4.33g (27.06%), Carbohydrates: 50.6g (16.87%),
Net Carbohydrates: 37.07g (13.48%), Sugar: 9.6g (10.67%), Cholesterol: 69.41mg (23.14%), Sodium: 1139.08mg
(49.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.75g (65.51%), Fiber: 13.53g (54.12%), Vitamin B3:
9.02mg (45.1%), Vitamin B6: 0.89mg (44.51%), Folate: 174.71µg (43.68%), Selenium: 30.56µg (43.66%), Phosphorus:
406.64mg (40.66%), Zinc: 5.71mg (38.1%), Manganese: 0.69mg (34.37%), Iron: 5.78mg (32.12%), Vitamin B12: 1.88µg
(31.27%), Potassium: 1079.76mg (30.85%), Vitamin B1: 0.43mg (28.61%), Magnesium: 87.24mg (21.81%), Copper:
0.41mg (20.38%), Vitamin B2: 0.34mg (20.14%), Vitamin B5: 1.27mg (12.66%), Calcium: 91.65mg (9.17%), Vitamin C:
7.47mg (9.05%), Vitamin K: 7.26µg (6.91%), Vitamin E: 0.64mg (4.28%), Vitamin A: 132.95IU (2.66%)