



Moroccan-Style Braised Beef with Carrots and Couscous

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef stew meat lean cut into 1-inch cubes
- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups carrots peeled diagonally sliced (4 carrots)
- ☐ 0.7 cup couscous uncooked
- ☐ 0.3 cup apricots dried packed
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove crushed

- ☐ 4 garlic cloves chopped
- ☐ 0.3 cup green onions chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon ground turmeric
- ☐ 2 teaspoons ground turmeric
- ☐ 0.3 cup less-sodium beef broth
- ☐ 28 ounce less-sodium beef broth canned
- ☐ 2 teaspoons olive oil
- ☐ 3 cups onion thinly sliced
- ☐ 2 teaspoons paprika
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

Equipment

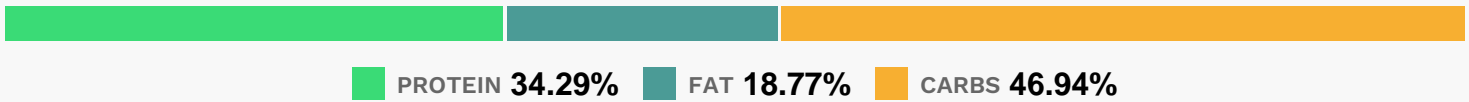
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ immersion blender

Directions

- ☐ To prepare beef, heat 2 teaspoons oil in a large saucepan over medium-high heat.
- ☐ Sprinkle beef with 1/4 teaspoon salt.
- ☐ Add beef to pan, and cook 4 minutes or until beef is browned on all sides, turning occasionally.
- ☐ Transfer beef to a bowl; cover and keep warm.
- ☐ Add 3 cups onion to pan; cook 10 minutes or until tender, stirring frequently.

- ☐ Add 4 chopped garlic cloves and next 4 ingredients; cook 1 minute, stirring constantly.
- ☐ Add 2 cans broth; bring to a boil.
- ☐ Add apricots; reduce heat, and simmer 5 minutes. Cover and cook over medium-low heat 30 minutes. Using an immersion blender in pan, puree onion mixture. Stir in 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Return beef to onion mixture; cook over medium-low heat 1 hour or until beef is tender.
- ☐ Add carrot to pan; cover and cook 15 minutes or until carrot is tender, adding 2 tablespoons water, if desired, to thin sauce. Stir in parsley.
- ☐ While beef cooks, heat 2 teaspoons oil in a small saucepan over medium heat.
- ☐ Add crushed garlic clove, 1/2 teaspoon salt, and 1/4 teaspoon turmeric. Stir in 1/3 cup broth and 1/3 cup water; bring to a boil. Gradually stir in couscous.
- ☐ Remove from heat. Cover and let stand 5 minutes; fluff with a fork. Stir in green onions. Spoon couscous onto 4 plates. Top evenly with beef stew.
- ☐ Serve a spoonful of the couscous and the stew mixture in a small bowl.
- ☐ Remove a few beef chunks and carrots, cut them into small pieces, and serve them as finger foods.
- ☐ Serve the beef and carrots with a bowl of couscous.

Nutrition Facts



Properties

Glycemic Index:89.56, Glycemic Load:20.14, Inflammation Score:-10, Nutrition Score:32.229999998341%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 25.24mg, Quercetin: 25.24mg, Quercetin: 25.24mg, Quercetin: 25.24mg

Nutrients (% of daily need)

Calories: 413.65kcal (20.68%), Fat: 8.67g (13.34%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 48.8g (16.27%), Net Carbohydrates: 41.79g (15.2%), Sugar: 12.85g (14.28%), Cholesterol: 70.31mg (23.44%), Sodium: 1033.03mg

(44.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.64g (71.28%), Vitamin A: 11871.35IU (237.43%), Vitamin K: 87.36µg (83.2%), Vitamin B6: 1.12mg (55.96%), Vitamin B3: 10.01mg (50.04%), Selenium: 33.28µg (47.54%), Manganese: 0.9mg (44.9%), Potassium: 1475.4mg (42.15%), Phosphorus: 378.1mg (37.81%), Zinc: 5.62mg (37.44%), Vitamin B12: 2.1µg (34.96%), Iron: 5.16mg (28.65%), Fiber: 7.01g (28.04%), Vitamin C: 20.45mg (24.79%), Magnesium: 75.24mg (18.81%), Vitamin B1: 0.28mg (18.46%), Vitamin B2: 0.31mg (18.32%), Copper: 0.34mg (16.86%), Folate: 67.2µg (16.8%), Vitamin B5: 1.29mg (12.87%), Vitamin E: 1.85mg (12.34%), Calcium: 113.55mg (11.35%)