



Moroccan-Style Braised Beef with Carrots and Couscous

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef stew meat lean cut into 1-inch cubes
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 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

- ☐ 0.3 cup flat-leaf parsley fresh divided 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

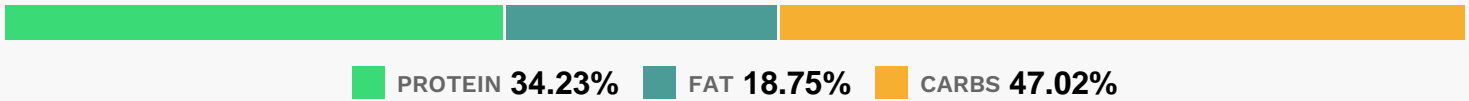
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ immersion blender

Directions

- ☐ To prepare beef, heat 2 teaspoons oil in a large saucepan over medium-high heat.
- ☐ Sprinkle beef with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ 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 garlic cloves and next 4 ingredients (through ginger); 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 loosen sauce. Stir in 1/4 cup chopped parsley.
- ☐ While beef cooks, prepare couscous.
- ☐ 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, and sprinkle each serving with 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:105.56, Glycemic Load:20.19, Inflammation Score:-10, Nutrition Score:33.588695443195%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 25.25mg, Quercetin: 25.25mg, Quercetin: 25.25mg, Quercetin: 25.25mg

Nutrients (% of daily need)

Calories: 415.31kcal (20.77%), Fat: 8.7g (13.39%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 41.95g (15.26%), Sugar: 12.89g (14.32%), Cholesterol: 70.31mg (23.44%), Sodium: 1035.16mg

(45.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.76g (71.52%), Vitamin A: 12187.93IU (243.76%), Vitamin K: 149.06µg (141.97%), Vitamin B6: 1.12mg (56.14%), Vitamin B3: 10.06mg (50.3%), Selenium: 33.29µg (47.55%), Manganese: 0.92mg (46%), Potassium: 1497.83mg (42.8%), Phosphorus: 380.47mg (38.05%), Zinc: 5.66mg (37.72%), Vitamin B12: 2.1µg (34.96%), Vitamin C: 25.44mg (30.83%), Iron: 5.4mg (30.01%), Fiber: 7.16g (28.66%), Magnesium: 77.33mg (19.33%), Vitamin B1: 0.28mg (18.68%), Vitamin B2: 0.32mg (18.55%), Folate: 72.92µg (18.23%), Copper: 0.34mg (17.22%), Vitamin B5: 1.3mg (13.04%), Vitamin E: 1.88mg (12.54%), Calcium: 119.28mg (11.93%)