

Mushroom Stew



Dairy Free



Popular

READY IN



75 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bison stew meat
- ☐ 0.3 cup einkorn flour all-purpose
- ☐ 1 teaspoon ground pepper black
- ☐ 2 teaspoons sea salt fine
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 4 ounces bacon chopped
- ☐ 2 medium onions diced yellow
- ☐ 4 medium garlic cloves chopped fine

- ☐ 1 pound mushrooms quartered
- ☐ 1 cup cooking wine dry red
- ☐ 4 cups beef bone broth
- ☐ 2 tablespoons tomato paste
- ☐ 1 small bunch thyme leaves fresh
- ☐ 1 medium sprig rosemary
- ☐ 2 bay leafs
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.3 cup marjoram fresh chopped

Equipment

- ☐ mixing bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Dump the stew meat into a medium mixing bowl, and then add the flour, salt and pepper. Toss the meat in the seasoned flour until uniformly coated. Set it aside while you prepare the other ingredients.
- ☐ Warm the olive oil in a Dutch oven set over medium heat, and then toss in the bacon. Fry the bacon in the hot oil until crisp, and then dump in the diced onions and garlic. Saut them together with the bacon, until translucent and deeply fragrant about 8 minutes.
- ☐ Toss in the meat, and cook about 5 minutes. Next, stir in the mushrooms and continue cooking them with the stew meat and onions a further 8 minutes.
- ☐ Pour in the red wine and beef bone broth, taking care to scrape any browned bits off the bottom of the pot. Stir in the tomato paste, and then drop in the thyme, rosemary and bay leaves. Turn down the heat to medium-low, and simmer, covered, about 45 minutes until the meat is tender.
- ☐ Remove the stew from the heat, and pluck out the thym, rosemary and bay leaves.
- ☐ Sprinkle with chopped parsley and marjoram, and serve warm.

Nutrition Facts

 **PROTEIN 38.87%**  **FAT 42.72%**  **CARBS 18.41%**

Properties

Glycemic Index:70, Glycemic Load:4.85, Inflammation Score:-9, Nutrition Score:22.453478367432%

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 Apigenin: 13.13mg, Apigenin: 13.13mg, Apigenin: 13.13mg, Apigenin: 13.13mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 321.88kcal (16.09%), Fat: 14.04g (21.6%), Saturated Fat: 4.21g (26.28%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 11.44g (4.16%), Sugar: 3.79g (4.21%), Cholesterol: 59.35mg (19.78%), Sodium: 1053.56mg (45.81%), Alcohol: 4.2g (100%), Alcohol %: 1.25% (100%), Protein: 28.74g (57.48%), Vitamin K: 103.43µg (98.5%), Selenium: 34.31µg (49.02%), Vitamin B3: 9.22mg (46.11%), Vitamin B6: 0.71mg (35.74%), Vitamin B2: 0.5mg (29.18%), Phosphorus: 283.32mg (28.33%), Zinc: 4mg (26.68%), Vitamin B12: 1.52µg (25.39%), Potassium: 699.53mg (19.99%), Copper: 0.39mg (19.39%), Vitamin C: 15.28mg (18.52%), Iron: 3.09mg (17.16%), Vitamin B1: 0.25mg (16.98%), Vitamin B5: 1.69mg (16.85%), Vitamin A: 637.78IU (12.76%), Manganese: 0.25mg (12.46%), Folate: 49.59µg (12.4%), Magnesium: 39.54mg (9.89%), Fiber: 2.17g (8.7%), Vitamin E: 0.94mg (6.28%), Calcium: 45.9mg (4.59%), Vitamin D: 0.23µg (1.51%)