



Northern Italian Beef Stew



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



290 min.

SERVINGS



8

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart beef stock
- ☐ 4 large carrots peeled cut into large rounds
- ☐ 2 cups celery
- ☐ 1 pound crimini mushrooms sliced
- ☐ 1 tablespoon basil dried
- ☐ 1 teaspoon marjoram dried
- ☐ 0.5 teaspoon sage dried
- ☐ 1 teaspoon thyme leaves dried

- ☐ 2 cups cooking wine dry red
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1.5 pounds potatoes red cut into 1-inch chunks (such as Bliss)
- ☐ 2 large onions diced sweet
- ☐ 2 cups tomato sauce
- ☐ 4 large tomatoes chopped
- ☐ 2 pounds top round lean trimmed cut into 1-inch cubes

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wooden spoon

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat. Cook beef in batches in hot oil until browned completely, about 5 minutes per batch.
- ☐ Remove browned beef cubes to a plate lined with paper towels, keeping skillet over heat and retaining the beef drippings.
- ☐ Cook and stir onion, celery, and carrots in the retained beef drippings until just softened, 2 to 3 minutes. Stir mushrooms and garlic into the onion mixture.
- ☐ Pour red wine into the pan; bring to a boil while scraping the browned bits of food off the bottom of the pan with a wooden spoon. Continue cooking the mixture until the wine evaporates, 7 to 10 minutes. Stir tomatoes into the mixture.
- ☐ Return beef to skillet with potatoes, basil, thyme, marjoram, and sage.
- ☐ Pour beef stock and tomato sauce over the mixture. Bring the liquid to a simmer.
- ☐ Reduce heat to low and simmer until the beef is very tender and the sauce is thick, 4 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:23.98, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:37.585217926813%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg

Nutrients (% of daily need)

Calories: 394.81kcal (19.74%), Fat: 8.21g (12.63%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 30.93g (11.25%), Sugar: 13.52g (15.02%), Cholesterol: 69.17mg (23.06%), Sodium: 672.91mg (29.26%), Alcohol: 6.3g (100%), Alcohol %: 1.09% (100%), Protein: 34.59g (69.18%), Vitamin A: 7167.58IU (143.35%), Selenium: 53.98µg (77.12%), Vitamin B6: 1.38mg (69.16%), Vitamin B3: 13.7mg (68.51%), Potassium: 1982.19mg (56.63%), Phosphorus: 494.71mg (49.47%), Zinc: 6.87mg (45.81%), Vitamin B2: 0.7mg (40.95%), Copper: 0.79mg (39.56%), Vitamin C: 31.65mg (38.36%), Vitamin K: 38.29µg (36.47%), Manganese: 0.62mg (30.96%), Iron: 5.28mg (29.32%), Vitamin B12: 1.59µg (26.46%), Folate: 103.85µg (25.96%), Vitamin B1: 0.39mg (25.73%), Fiber: 6.24g (24.95%), Magnesium: 98.59mg (24.65%), Vitamin B5: 2.39mg (23.86%), Vitamin E: 2.62mg (17.46%), Calcium: 126.9mg (12.69%)