



## Old-Fashioned Beef Stew



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups beef broth
- ☐ 1 pound beef chuck lean trimmed cut into 1 inch cubes
- ☐ 4 cups carrots sliced
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup green beans fresh chopped
- ☐ 2 cups mushrooms fresh sliced
- ☐ 2 cloves garlic minced

- ☐ 2 onions thinly sliced
- ☐ 0.3 cup parsley chopped
- ☐ 2 russet potatoes sliced into 1/4 inch slices
- ☐ 2 teaspoons tomato paste
- ☐ 2 teaspoons vegetable oil
- ☐ 1 tablespoon water cold

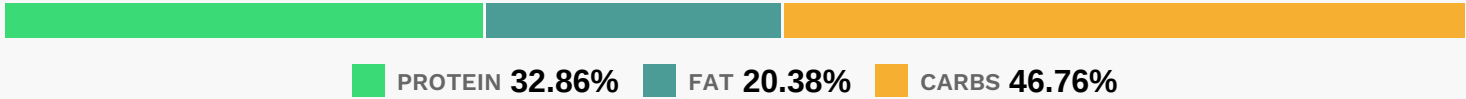
## Equipment

- ☐ mixing bowl
- ☐ pot

## Directions

- ☐ Coat beef with flour, shaking off excess. In a large nonstick stock pot, heat oil over medium-high heat, add beef and saute until brown, approximately 6 minutes.
- ☐ Remove beef from stock pot and set aside.
- ☐ Add onions and mushrooms to stock pot and saute for 6 minutes.
- ☐ Add garlic and saute for 1 minute, continually stirring.
- ☐ Skim off fat any fat from the stock pot and return cooked beef to pot; stir in tomato paste and broth.
- ☐ Add enough water to just cover ingredients and bring to a boil. Reduce heat to low and simmer until beef is tender, about 1 hour and 15 minutes.
- ☐ Skim off any foam that has accumulated on the surface of stew and add carrots, potatoes and green beans. Cover partially and simmer for 15 minutes.
- ☐ In a small mixing bowl, mix cornstarch and cold water. Stir mixture into stew. Increase heat and boil uncovered for 1 minute.
- ☐ Sprinkle with parsley and serve.

## Nutrition Facts



## Properties

Glycemic Index:69.76, Glycemic Load:15.78, Inflammation Score:-10, Nutrition Score:25.387391305488%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 259.11kcal (12.96%), Fat: 5.96g (9.17%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 25.76g (9.37%), Sugar: 7.55g (8.39%), Cholesterol: 46.87mg (15.62%), Sodium: 431.76mg (18.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.25%), Vitamin A: 14624.92IU (292.5%), Vitamin K: 64.81µg (61.72%), Vitamin B3: 7.93mg (39.66%), Vitamin B6: 0.79mg (39.51%), Potassium: 1108.74mg (31.68%), Zinc: 4.6mg (30.67%), Vitamin B12: 1.76µg (29.37%), Phosphorus: 281.64mg (28.16%), Selenium: 18.49µg (26.41%), Vitamin B2: 0.39mg (22.82%), Vitamin C: 18.78mg (22.76%), Fiber: 5.02g (20.06%), Iron: 3.58mg (19.9%), Manganese: 0.4mg (19.78%), Copper: 0.32mg (15.86%), Vitamin B5: 1.54mg (15.43%), Vitamin B1: 0.23mg (15.33%), Magnesium: 58.89mg (14.72%), Folate: 58.63µg (14.66%), Vitamin E: 1.1mg (7.32%), Calcium: 71.63mg (7.16%)