



WHATSheATE



Old-Fashioned Beef Stew with Mushrooms

READY IN



190 min.

SERVINGS



8

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds beef chuck cut into 1-inch pieces
- ☐ 4 carrots roughly chopped cut into 1/2-inch rounds
- ☐ 4 stalks celery roughly chopped cut into 1/2-inch pieces
- ☐ 0.5 cup flour all-purpose
- ☐ 8 servings parsley fresh chopped for topping
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 2 quarts beef broth reduced-sodium
- ☐ 6 tablespoons olive oil as needed plus more
- ☐ 1 onion roughly chopped

- ☐ 1 cup red wine such as shiraz hearty
- ☐ 1.3 pounds russet potatoes peeled cut into 1-inch chunks
- ☐ 2 sprigs thyme leaves
- ☐ 1 tablespoon tomato paste
- ☐ 4 tablespoons butter unsalted
- ☐ 1 pound if mixed stemmed sliced quartered such as cremini, chanterelle, oyster and/or shiitake

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ dutch oven
- ☐ colander

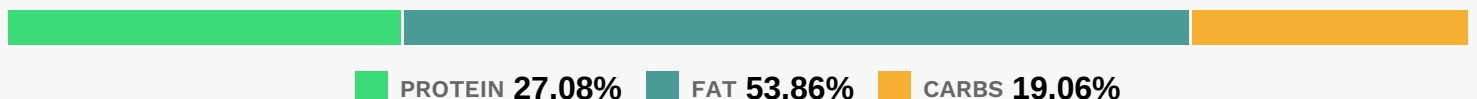
Directions

- ☐ Heat 2 tablespoons oil in a Dutch oven over medium-high heat. Season the beef with 2 teaspoons salt and 1 teaspoon pepper.
- ☐ Add to the pot in batches and cook, turning and adding more oil as needed, until browned all over, about 5 minutes.
- ☐ Transfer to a bowl with a slotted spoon.
- ☐ Add 2 more tablespoons oil to the pot and reduce the heat to medium.
- ☐ Add the roughly chopped carrot, celery and onion and cook, occasionally stirring with a wooden spoon and scraping up the browned bits on the bottom of the pot, until the vegetables soften, about 5 minutes. Move the vegetables to one side and add the tomato paste to the empty side. Cook until it darkens around the edge, about 2 minutes; stir into the

vegetables.

- ☐ Add the wine and bring to a boil.
- ☐ Return the beef and any juices to the pot; add the stock. Bring to a boil, skimming any foam off the top.
- ☐ Add the thyme. Reduce the heat to low, cover and simmer until the beef is tender, about 2 hours.
- ☐ Strain the beef and vegetables in a colander set over a large bowl, reserving the cooking liquid. Tent the beef mixture with foil.
- ☐ Let the cooking liquid stand for 5 minutes and then skim off the fat on the surface. Return the liquid to the pot.
- ☐ Add the remaining carrots and celery and the potatoes and bring to a simmer over high heat. Reduce the heat to medium and simmer until the vegetables are just tender, about 20 minutes.
- ☐ Meanwhile, heat the remaining 2 tablespoons oil in a large skillet over medium-high heat.
- ☐ Add the mushrooms; cook, stirring occasionally, until they release their juices and brown, 10 minutes. (
- ☐ Pour off any extra liquid, if necessary.) Season with salt and pepper.
- ☐ Remove from the heat and set aside.
- ☐ Melt the butter in a saucepan over medium-low heat.
- ☐ Whisk in the flour to make a roux, then let it bubble (do not brown), 2 minutes.
- ☐ Whisk in 2 cups of the reserved cooking liquid. Stir this sauce into the pot with the vegetables; bring to a simmer. Reduce the heat to medium low and simmer, stirring often, until thickened, 5 minutes.
- ☐ Return the beef to the pot, discarding the roughly chopped carrot, celery, onion and thyme.
- ☐ Add the mushrooms and simmer until heated through, 5 minutes. Season with salt and pepper; sprinkle with parsley.
- ☐ Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:54.32, Glycemic Load:16.81, Inflammation Score:-10, Nutrition Score:37.228260579317%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 9.24mg, Apigenin: 9.24mg, Apigenin: 9.24mg, Apigenin: 9.24mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 617.31kcal (30.87%), Fat: 36.28g (55.82%), Saturated Fat: 13.68g (85.52%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 24.69g (8.98%), Sugar: 4.57g (5.08%), Cholesterol: 132.42mg (44.14%), Sodium: 831.95mg (36.17%), Alcohol: 3.18g (100%), Alcohol %: 0.61% (100%), Protein: 41.04g (82.08%), Vitamin A: 5763.09IU (115.26%), Zinc: 13.87mg (92.45%), Vitamin K: 86.55µg (82.43%), Vitamin B12: 4.66µg (77.59%), Selenium: 41.62µg (59.46%), Vitamin B6: 1.16mg (58.25%), Vitamin B3: 11.32mg (56.58%), Potassium: 1767.73mg (50.51%), Phosphorus: 464.69mg (46.47%), Iron: 5.45mg (30.3%), Vitamin B2: 0.48mg (28.49%), Vitamin B5: 2.33mg (23.28%), Manganese: 0.45mg (22.55%), Magnesium: 75.9mg (18.97%), Vitamin B1: 0.28mg (18.5%), Fiber: 4.21g (16.83%), Vitamin C: 13.64mg (16.53%), Vitamin E: 2.38mg (15.89%), Copper: 0.31mg (15.69%), Folate: 59.24µg (14.81%), Calcium: 73.22mg (7.32%), Vitamin D: 0.5µg (3.35%)