



 **82%**
HEALTH SCORE

Old-Fashioned Oven Beef Stew

 Dairy Free  Very Healthy

READY IN



255 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb stew meat
- 3 tablespoons flour all-purpose
- 2 lb savory vegetable frozen for stew
- 14.5 oz canned tomatoes diced undrained canned
- 20 oz beef consomme canned
- 1 tablespoon sugar
- 0.1 teaspoon pepper
- 2 bay leaves dried

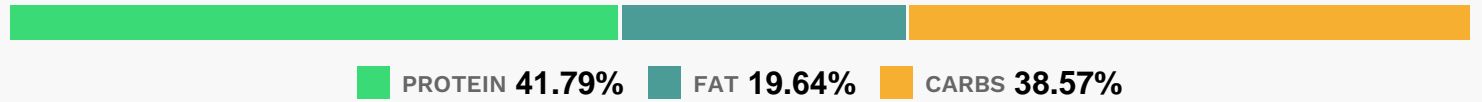
Equipment

- bowl
- oven
- dutch oven
- glass baking pan

Directions

- Heat oven to 325°F. In 5-quart Dutch oven or 13x9-inch (3-quart) glass baking dish, toss beef with flour.
- Add frozen vegetables.
- In large bowl, mix remaining ingredients.
- Pour over beef and vegetables; gently stir until mixed.
- Cover; bake 3 hours 30 minutes to 4 hours or until beef is tender.
- Remove bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:43.35, Glycemic Load:11.31, Inflammation Score:-10, Nutrition Score:27.971739022628%

Nutrients (% of daily need)

Calories: 305.62kcal (15.28%), Fat: 6.86g (10.55%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 22.82g (8.3%), Sugar: 5.02g (5.58%), Cholesterol: 70.31mg (23.44%), Sodium: 576.65mg (25.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.83g (65.65%), Vitamin A: 7827.4IU (156.55%), Vitamin B3: 11.35mg (56.76%), Vitamin B6: 1mg (50.01%), Selenium: 34.37µg (49.11%), Zinc: 5.61mg (37.41%), Phosphorus: 371.37mg (37.14%), Vitamin B12: 2.16µg (36.07%), Fiber: 7.47g (29.88%), Iron: 5.02mg (27.87%), Manganese: 0.55mg (27.67%), Potassium: 963.78mg (27.54%), Vitamin C: 22.04mg (26.72%), Vitamin B1: 0.37mg (24.85%), Vitamin B2: 0.38mg (22.62%), Magnesium: 80.03mg (20.01%), Copper: 0.38mg (19.17%), Folate: 76.32µg (19.08%), Vitamin B5: 0.97mg (9.67%), Calcium: 89.35mg (8.94%), Vitamin E: 1.2mg (8%), Vitamin K: 5.07µg (4.83%)