



# Old-Time Beef Stew

READY IN

ready

140 min.

SERVINGS

servings

6

CALORIES

calories

294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 bay leaves
- ☐ 2 pounds stew beef
- ☐ 3 large carrots sliced
- ☐ 3 ribs celery chopped
- ☐ 2 tablespoons cornstarch
- ☐ 1 clove garlic peeled
- ☐ 1 Dash ground cloves
- ☐ 1 medium onion sliced
- ☐ 0.5 teaspoon paprika

- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water
- ☐ 1 tablespoon worcestershire sauce

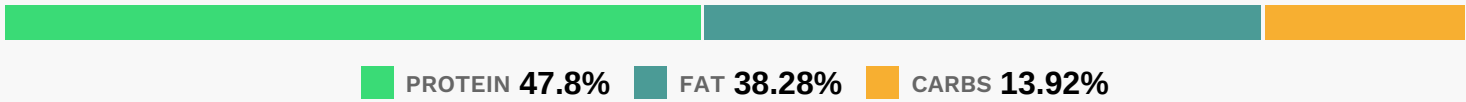
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Brown meat in hot oil.
- ☐ Add water, Worcestershire sauce, garlic, bay leaves, onion, salt, sugar, pepper, paprika, and allspice. Cover and simmer 1 1/2 hours.
- ☐ Remove bay leaves and garlic clove.
- ☐ Add carrots and celery. Cover and cook 30 to 40 minutes longer. To thicken gravy, remove 2 cups hot liquid. Using a separate bowl, combine 1/4 cup water and cornstarch until smooth.
- ☐ Mix with a little hot liquid and return mixture to pot. Stir and cook until bubbly.

Nutrition Facts



Properties

Glycemic Index:44.65, Glycemic Load:2.17, Inflammation Score:-10, Nutrition Score:24.286521890889%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 294.11kcal (14.71%), Fat: 12.23g (18.82%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 8.16g (2.97%), Sugar: 3.72g (4.14%), Cholesterol: 93.74mg (31.25%), Sodium: 555.34mg (24.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.37g (68.74%), Vitamin A: 6192.44IU (123.85%), Selenium: 42.28µg (60.4%), Vitamin B6: 1.09mg (54.25%), Vitamin B3: 10.71mg (53.54%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.47mg (43.12%), Phosphorus: 351.79mg (35.18%), Potassium: 743.98mg (21.26%), Vitamin K: 21.28µg (20.27%), Iron: 3.56mg (19.77%), Vitamin B2: 0.29mg (16.83%), Vitamin B1: 0.18mg (12.07%), Magnesium: 47.06mg (11.77%), Copper: 0.21mg (10.27%), Folate: 37.68µg (9.42%), Vitamin B5: 0.84mg (8.39%), Manganese: 0.16mg (8.14%), Vitamin E: 1.17mg (7.82%), Fiber: 1.85g (7.4%), Calcium: 62.89mg (6.29%), Vitamin C: 4.76mg (5.78%)