



## Osso Buco Stew with Spicy Polenta

READY IN



385 min.

SERVINGS



4

CALORIES



911 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 15 ounce canned tomatoes diced canned
- 3 tablespoons canola oil
- 2 large carrots sliced
- 3 stalks celery chopped
- 15 ounce chicken broth canned
- 0.3 cup flour all-purpose
- 1 tablespoon garlic chopped
- 4 servings kosher salt and pepper black freshly ground

- 1 medium onion chopped
- 0.3 cup parmesan grated
- 8 ounce polenta
- 1 teaspoon pepper flakes red
- 1.5 pounds veal stew meat
- 4 sprigs thyme leaves for garnish

## Equipment

- frying pan
- whisk
- slow cooker

## Directions

- Put a large skillet over medium-high heat and add the oil. Season the stew meat with salt and pepper, to taste, and dredge in the flour, shaking off any excess.
- Add the stew meat to the pan and brown on all sides, about 8 minutes.
- Remove the meat from the pan and set aside on a plate.
- Pour the chicken broth or stock into the skillet to deglaze and scrape up all the brown bits on the bottom. Turn off the heat and let it sit.
- To the sleeve of a 5 quart slow cooker add half of the chopped the vegetables and nestle half of the meat on top.
- Add the remaining vegetables, remaining meat, tomatoes, garlic, the broth from the pan, and the thyme. Season with salt and pepper, to taste. Cover and cook on low for 6 to 8 hours.
- About 5 minutes before the stew is ready, make the polenta according to package instructions.
- Add a pinch of salt and the red pepper flakes to the water before adding the polenta. Once the polenta has thickened remove from heat, stir in the cheese and butter and whisk until smooth.
- To serve, put a big spoonful of polenta on each plate. Top with some of the stew and garnish with some fresh thyme leaves, if desired, (Reserve 1 1/2 cups of the stew for round 2 recipe Osso Buco Calzones)

# Nutrition Facts

■ PROTEIN 33.6% ■ FAT 36.14% ■ CARBS 30.26%

## Properties

Glycemic Index:100.71, Glycemic Load:8.63, Inflammation Score:-10, Nutrition Score:42.265217654083%

## Flavonoids

Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

## Nutrients (% of daily need)

Calories: 910.74kcal (45.54%), Fat: 36.16g (55.63%), Saturated Fat: 10.88g (67.98%), Carbohydrates: 68.13g (22.71%), Net Carbohydrates: 62.66g (22.79%), Sugar: 8.45g (9.39%), Cholesterol: 177.92mg (59.31%), Sodium: 952.45mg (41.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.63g (151.26%), Vitamin A: 7107.71IU (142.15%), Selenium: 81.76µg (116.81%), Vitamin B6: 1.71mg (85.44%), Vitamin B3: 17.08mg (85.39%), Vitamin B12: 4.3µg (71.61%), Zinc: 10.72mg (71.48%), Phosphorus: 690.82mg (69.08%), Iron: 7.78mg (43.23%), Potassium: 1406.18mg (40.18%), Vitamin B2: 0.58mg (33.84%), Vitamin E: 4.72mg (31.43%), Vitamin K: 32.78µg (31.21%), Magnesium: 115.59mg (28.9%), Vitamin B1: 0.42mg (28.29%), Copper: 0.53mg (26.27%), Manganese: 0.52mg (26.14%), Fiber: 5.47g (21.9%), Vitamin C: 17.1mg (20.72%), Calcium: 201.3mg (20.13%), Folate: 79.37µg (19.84%), Vitamin B5: 1.61mg (16.1%)