



Paprika Short-rib Beef Stew

 Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz beer
- ☐ 1 tsp pepper black freshly ground
- ☐ 4 pounds beef ribs bone-in
- ☐ 14.5 oz canned tomatoes whole peeled chopped canned
- ☐ 0.5 cup flour
- ☐ 4 cloves garlic finely chopped
- ☐ 1 medium onion chopped
- ☐ 2 tablespoons paprika hot

- ☐ 2 teaspoons pimenton de la vera smoked spanish (paprika; see Notes)
- ☐ 2 pounds baking potatoes
- ☐ 1.5 tsp salt divided
- ☐ 4 strips bacon thick-cut

Equipment

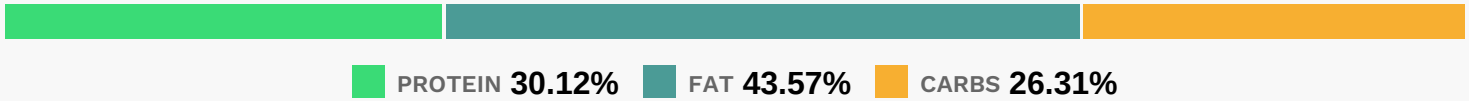
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ ziploc bags
- ☐ spatula
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 30
- ☐ Combine flour, hot paprika, smoked paprika, 1 tsp. salt, and 1 tsp. pepper in a large bowl or large resealable plastic bag. Working in batches of 2 or 3, toss short ribs with flour mixture.
- ☐ In a large Dutch oven or other heavy ovenproof pot over medium-high heat, cook bacon until fat renders.
- ☐ Transfer bacon with a slotted spoon to paper towels and reserve.
- ☐ Pour off all but 1 tbsp. fat from pot.
- ☐ Add short ribs and brown on all sides, 3 to 5 minutes per side.
- ☐ Chop reserved bacon and set aside.
- ☐ Transfer short ribs to a plate and reserve.
- ☐ Add onion and 1/2 tsp. salt to pot and cook, stirring, until softened, about 3 minutes.

- ☐ Add garlic and cook, stirring, until fragrant, about 1 minute.
- ☐ Add beer and, using a wooden spoon or spatula, scrape up any browned bits on the bottom of the pan.
- ☐ Add tomatoes and their juices and reserved bacon. Increase heat to high and bring mixture to a boil. Return short ribs to pot, cover, and bake two hours.
- ☐ Peel potatoes and cut into 1-in. pieces.
- ☐ Add to short ribs, cover, and bake until potatoes are tender and meat pulls away easily from the bone, about 30 minutes.
- ☐ Add salt and pepper to taste. Spoon off excess fat and serve hot.

Nutrition Facts



Properties

Glycemic Index:38.03, Glycemic Load:21.55, Inflammation Score:-8, Nutrition Score:27.036521640809%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 521.23kcal (26.06%), Fat: 24.58g (37.81%), Saturated Fat: 9.67g (60.46%), Carbohydrates: 33.38g (11.13%), Net Carbohydrates: 30.07g (10.93%), Sugar: 2.76g (3.07%), Cholesterol: 109.56mg (36.52%), Sodium: 754.05mg (32.78%), Alcohol: 1.66g (100%), Alcohol %: 0.5% (100%), Protein: 38.23g (76.46%), Vitamin B12: 5.71µg (95.18%), Vitamin B6: 1.25mg (62.43%), Zinc: 8.73mg (58.19%), Selenium: 31.37µg (44.82%), Vitamin B3: 8.86mg (44.28%), Phosphorus: 440.68mg (44.07%), Potassium: 1295.16mg (37%), Iron: 6.03mg (33.52%), Vitamin B1: 0.4mg (26.77%), Vitamin B2: 0.42mg (24.5%), Vitamin A: 1079.89IU (21.6%), Manganese: 0.41mg (20.58%), Magnesium: 80.64mg (20.16%), Copper: 0.32mg (15.92%), Vitamin C: 12.75mg (15.45%), Fiber: 3.31g (13.25%), Folate: 50.47µg (12.62%), Vitamin B5: 1.16mg (11.61%), Vitamin E: 1.15mg (7.66%), Calcium: 60.6mg (6.06%), Vitamin K: 5.98µg (5.69%)