



Parker's Beef Stew

 Dairy Free

READY IN



1595 min.

SERVINGS



6

CALORIES



936 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 2.5 pounds chuck beef cut into 1 1/2-inch cubes
- 6 servings pepper black freshly ground
- 1 pound carrots peeled
- 2 cups chicken stock see ()
- 2 cups flour all-purpose
- 3 cloves garlic minced
- 6 servings kosher salt

- 6 servings olive oil good
- 10 ounce peas frozen
- 1 pound potatoes halved quartered
- 750 ml red wine good
- 1 large branch rosemary fresh (or 2 small)
- 0.5 cup sun-dried tomatoes chopped
- 0.5 pound mushrooms white cut in 1/2
- 3 garlic cloves whole smashed
- 2 tablespoons worcestershire sauce
- 2 onions yellow cut into 1-inch cubes

Equipment

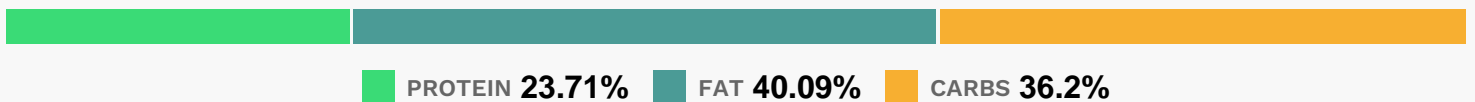
- bowl
- frying pan
- oven
- pot
- wooden spoon
- stove
- slotted spoon
- dutch oven

Directions

- Place the beef in a bowl with red wine, garlic, and bay leaves.
- Place in the refrigerator and marinate overnight.
- The next day, preheat the oven to 300 degrees F.
- Combine the flour, 1 tablespoon salt, and 1 tablespoon pepper. Lift the beef out of the marinade with a slotted spoon and discard the bay leaves and garlic, saving the marinade. In batches, dredge the cubes of beef in the flour mixture and then shake off the excess.

- Heat 2 tablespoons of olive oil in a large pot and brown half the beef over medium heat for 5 to 7 minutes, turning to brown evenly.
- Place the beef in a large oven-proof Dutch oven and continue to brown the remaining beef, adding oil as necessary. (If the beef is very lean, you'll need more oil.)
- Place all the beef in the Dutch oven.
- Heat another 2 tablespoons of oil to the large pot and add the onions, carrots, mushrooms, and potatoes. Cook for 10 minutes over medium heat, stirring occasionally.
- Add the garlic and cook for 2 more minutes.
- Place all the vegetables in the Dutch oven over the beef.
- Add 2 1/2 cups of the reserved marinade to the empty pot and cook over high heat to deglaze the bottom of the pan, scraping up all the brown bits with a wooden spoon.
- Add the chicken stock, rosemary, sun-dried tomatoes, Worcestershire sauce, 1 tablespoon salt, and 2 teaspoons pepper.
- Pour the sauce over the meat and vegetables in the Dutch oven and bring to a simmer over medium heat on top of the stove. Cover the pot and place it in the oven to bake it for about 2 hours, until the meat and vegetables are all tender, stirring once during cooking. If the stew is boiling rather than simmering, lower the heat to 250 or 275 degrees F.
- Before serving, stir in the frozen peas, season to taste, and serve hot.

Nutrition Facts



Properties

Glycemic Index:74.32, Glycemic Load:39.91, Inflammation Score:-10, Nutrition Score:51.574782858724%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg Catechin: 9.06mg, Catechin: 9.06mg, Catechin: 9.06mg, Catechin: 9.06mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 2.29mg, Naringenin: 2.29mg, Naringenin: 2.29mg, Naringenin: 2.29mg

2.29mg, Naringenin: 2.29mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 935.77kcal (46.79%), Fat: 37.97g (58.42%), Saturated Fat: 11.94g (74.65%), Carbohydrates: 77.17g (25.72%), Net Carbohydrates: 67.32g (24.48%), Sugar: 15.36g (17.07%), Cholesterol: 132.81mg (44.27%), Sodium: 613.94mg (26.69%), Alcohol: 13.44g (100%), Alcohol %: 2.29% (100%), Protein: 50.52g (101.05%), Vitamin A: 13116.11IU (262.32%), Zinc: 16.27mg (108.48%), Selenium: 60.89µg (86.98%), Vitamin B12: 5.17µg (86.25%), Vitamin B3: 17.01mg (85.04%), Vitamin B6: 1.42mg (71.16%), Phosphorus: 657.64mg (65.76%), Potassium: 2140.97mg (61.17%), Manganese: 1.19mg (59.57%), Vitamin C: 47.25mg (57.27%), Vitamin B1: 0.83mg (55.22%), Vitamin B2: 0.94mg (55.03%), Iron: 9.7mg (53.89%), Folate: 164.82µg (41.2%), Fiber: 9.85g (39.41%), Vitamin K: 39.55µg (37.66%), Copper: 0.72mg (35.92%), Magnesium: 132.27mg (33.07%), Vitamin B5: 2.68mg (26.83%), Vitamin E: 3.01mg (20.08%), Calcium: 129.55mg (12.95%), Vitamin D: 0.26µg (1.76%)