



Pot Roast Stew

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce beef broth canned
- ☐ 1.8 cups carrots peeled sliced
- ☐ 1.5 pounds chuck roast boneless trimmed cut into 1-inch cubes
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup chives fresh minced
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 garlic cloves minced

- ☐ 2 teaspoons olive oil
- ☐ 1 large onion cut into 1-inch pieces
- ☐ 2.5 cups potatoes red cubed peeled
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water
- ☐ 1.5 cups water
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ slow cooker

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over high heat until hot.
- ☐ Add beef; cook 5 minutes or until browned.
- ☐ Remove beef; place in a 4 1/2-quart electric slow cooker.
- ☐ Add water and broth to pan, scraping pan to loosen browned bits; pour over beef in slow cooker.
- ☐ Add potato and next 7 ingredients to slow cooker; stir well. Cover with lid; cook on high-heat setting 6 to 8 hours.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and 1/4 cup water in a bowl; stir well with a whisk until blended.
- ☐ Add flour mixture, thyme, and chives to slow cooker; stir well. Cover and cook on high-heat setting for 20 minutes.

Nutrition Facts



 PROTEIN **33.08%**  FAT **44.81%**  CARBS **22.11%**

Properties

Glycemic Index:37.6, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:17.340434854445%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 220.01kcal (11%), Fat: 11.07g (17.03%), Saturated Fat: 4.52g (28.27%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 10.47g (3.81%), Sugar: 2.68g (2.98%), Cholesterol: 58.68mg (19.56%), Sodium: 460.31mg (20.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.77%), Vitamin A: 4789.2IU (95.78%), Zinc: 6.65mg (44.31%), Vitamin B12: 2.36µg (39.3%), Selenium: 19.63µg (28.04%), Vitamin B3: 4.92mg (24.62%), Vitamin B6: 0.45mg (22.63%), Phosphorus: 206.02mg (20.6%), Potassium: 570.14mg (16.29%), Iron: 2.66mg (14.75%), Vitamin B2: 0.19mg (11.28%), Manganese: 0.19mg (9.62%), Vitamin C: 7.81mg (9.47%), Vitamin B1: 0.14mg (9.28%), Vitamin K: 9.25µg (8.81%), Magnesium: 31.66mg (7.91%), Vitamin B5: 0.73mg (7.31%), Fiber: 1.82g (7.26%), Copper: 0.13mg (6.67%), Folate: 25.76µg (6.44%), Calcium: 45.23mg (4.52%), Vitamin E: 0.51mg (3.37%)