



Quick Beef Stew with Mushrooms and White Beans



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces button mushrooms quartered
- ☐ 4 ounces some other mushroom fresh
- ☐ 1.5 pounds beef top sirloin steak boneless cut into 1-inch cubes
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 4 servings salt
- ☐ 2 medium carrots cut into 1/ slices
- ☐ 1 medium onion cut lengthwise into thin wedges

- ☐ 2 garlic cloves sliced thin
- ☐ 0.5 cup red wine dry white (can sub beef or chicken broth)
- ☐ 16 ounce beans white rinsed drained canned (such as Great Northern, navy, or cannellini)
- ☐ 7 ounce canned tomatoes diced with garlic and onion, undrained canned
- ☐ 4 servings parsley chopped for garnish

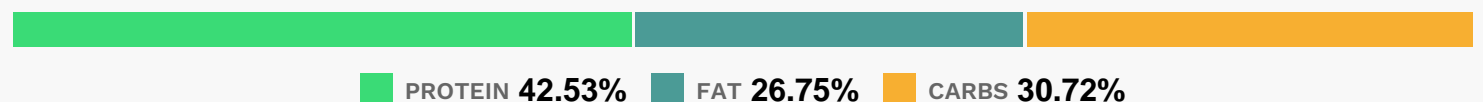
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Dry sauté the mushrooms: Put a large skillet over high heat and add all the mushrooms. Shaking the pan from time to time to prevent the mushrooms from sticking, dry sauté them until they begin to release their water. Keep cooking until the mushrooms begin to brown.
- ☐ Remove to a bowl and set aside.
- ☐ Brown the beef:
- ☐ Add 2 tablespoons olive oil to the skillet and lower the heat to medium-high. Brown the beef cubes in batches, turning to brown at least two sides of the meat.
- ☐ Remove from skillet, add to the bowl with the mushrooms and sprinkle salt over them.
- ☐ Add the carrots and sauté 3–4 minutes.
- ☐ Add the onions and cook another 5 minutes, then add the garlic and cook another minute.
- ☐ Add wine, bring to a boil and return the cooked beef and mushrooms to the pan. Continue cooking 3 more minutes.
- ☐ Stir in the beans and tomatoes. Cook 5 minutes more.
- ☐ Add salt to taste.
- ☐ Serve, garnished with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:67.21, Glycemic Load:8.91, Inflammation Score:-10, Nutrition Score:41.097826159519%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 464.47kcal (23.22%), Fat: 13.88g (21.36%), Saturated Fat: 3.36g (20.97%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 27.44g (9.98%), Sugar: 6.42g (7.13%), Cholesterol: 100.94mg (33.65%), Sodium: 496.8mg (21.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.67g (99.33%), Vitamin A: 5540.23IU (110.8%), Selenium: 60.28µg (86.11%), Vitamin K: 81.76µg (77.87%), Vitamin B3: 14.24mg (71.22%), Vitamin B6: 1.38mg (69.2%), Zinc: 8.7mg (58.03%), Phosphorus: 551.17mg (55.12%), Potassium: 1619.06mg (46.26%), Manganese: 0.84mg (42.24%), Iron: 7.54mg (41.9%), Copper: 0.7mg (35.23%), Fiber: 8.44g (33.75%), Folate: 129.05µg (32.26%), Vitamin B2: 0.55mg (32.22%), Magnesium: 121.06mg (30.27%), Vitamin B12: 1.63µg (27.12%), Vitamin B5: 2.45mg (24.54%), Vitamin B1: 0.37mg (24.33%), Vitamin E: 3.26mg (21.7%), Vitamin C: 15.38mg (18.64%), Calcium: 164.76mg (16.48%)