



## Red Wine Beef Stew

 Dairy Free

READY IN



206 min.

SERVINGS



8

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 16 oz baby carrots
- ☐ 1 bay leaf
- ☐ 29 oz beef broth low-sodium canned
- ☐ 4 lb chuck roast boneless trimmed
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup cooking wine dry red
- ☐ 4 tablespoons flour divided
- ☐ 8 oz mushrooms fresh

- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon pepper
- ☐ 1.8 teaspoons salt divided
- ☐ 1 small turnip
- ☐ 2 tablespoons vegetable oil

## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

## Directions

- ☐ Cut beef into 2- to 2 1/2-inch pieces; pat with paper towels to absorb excess moisture.
- ☐ Combine 3 Tbsp. flour, 1 tsp. salt, paprika, and pepper in a bowl; toss beef with flour mixture.
- ☐ Cook beef, in batches, in hot oil in a Dutch oven over medium-high heat, stirring often, 4 to 6 minutes or until brown.
- ☐ Remove beef from Dutch oven.
- ☐ Add red wine, stirring to loosen particles from bottom of Dutch oven. Return beef to Dutch oven; add broth, thyme, bay leaf, and 1/2 tsp. salt. Bring to a boil. Cover, reduce heat to low, and cook, stirring occasionally, 1 hour.
- ☐ Meanwhile, peel turnip, and cut into 1-inch cubes. Halve mushrooms.
- ☐ Add turnip, mushrooms, and carrots to stew. Cover and cook, stirring occasionally, 1 to 1 1/2 hours or until meat is fork-tender.
- ☐ Whisk together remaining 1 Tbsp. flour and 1/4 tsp. salt until blended; whisk 1/2 cup hot broth into flour mixture until smooth.
- ☐ Whisk flour mixture into stew until smooth. Cook, stirring often, 20 minutes or until thickened.
- ☐ \*Beef broth may be substituted.

## Nutrition Facts



 **PROTEIN 37.96%**  **FAT 53.97%**  **CARBS 8.07%**

Properties

Glycemic Index:28.38, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:32.469565106475%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 512.71kcal (25.64%), Fat: 29.69g (45.68%), Saturated Fat: 12g (74.98%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 7.68g (2.79%), Sugar: 3.59g (3.99%), Cholesterol: 156.49mg (52.16%), Sodium: 931.87mg (40.52%), Alcohol: 3.15g (100%), Alcohol %: 0.87% (100%), Protein: 46.99g (93.97%), Vitamin A: 7975.25IU (159.5%), Zinc: 17.36mg (115.76%), Vitamin B12: 6.2µg (103.38%), Selenium: 51.22µg (73.17%), Vitamin B3: 11.43mg (57.14%), Vitamin B6: 0.97mg (48.62%), Phosphorus: 476.13mg (47.61%), Potassium: 1209.64mg (34.56%), Iron: 5.71mg (31.74%), Vitamin B2: 0.49mg (28.69%), Vitamin B5: 2.08mg (20.84%), Vitamin K: 16.48µg (15.7%), Copper: 0.3mg (15.08%), Vitamin B1: 0.22mg (14.9%), Magnesium: 53.8mg (13.45%), Fiber: 2.31g (9.25%), Manganese: 0.18mg (9.23%), Folate: 35.28µg (8.82%), Calcium: 63.13mg (6.31%), Vitamin E: 0.8mg (5.3%), Vitamin C: 3.71mg (4.5%), Vitamin D: 0.28µg (1.89%)