



Red Wine-Marinated Beef Stew

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup carrots thinly sliced
- ☐ 2 pound chuck roast boneless trimmed cut into 1-inch cubes
- ☐ 1 pound cremini mushrooms halved
- ☐ 3 cups cooking wine dry red
- ☐ 1 ounce flour all-purpose
- ☐ 0.3 cup parsley fresh chopped

- ☐ 2 garlic cloves minced
- ☐ 2 cups less-sodium beef broth
- ☐ 1.5 cups onion vertically sliced 1 medium
- ☐ 5 parsley sprigs
- ☐ 1 teaspoon salt divided
- ☐ 5 thyme sprigs

Equipment

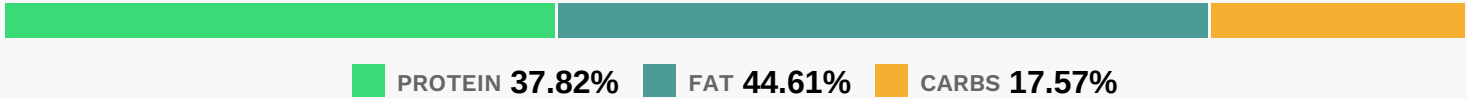
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ ziploc bags
- ☐ measuring cup
- ☐ dutch oven
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Place first 3 ingredients on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Combine cheesecloth bag, wine, and the next 4 ingredients (through beef) in a large zip-top plastic bag; seal. Marinate in refrigerator 4 hours or up to 24 hours. Strain beef mixture through a colander over a bowl, reserving marinade; drain well. Set cheesecloth bag aside.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add beef mixture to pan; saut 6 minutes or until browned, stirring occasionally.
- ☐ Remove beef mixture from pan.
- ☐ Add mushrooms to pan; saut 3 minutes or until lightly browned, stirring occasionally. Return beef mixture to pan. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add flour, 1/2 teaspoon salt, and 1/4 teaspoon pepper to pan; cook 1 minute, stirring constantly.

- ☐ Add reserved marinade, cheesecloth bag, and broth; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beef is tender. Stir in remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Sprinkle with chopped parsley. Discard cheesecloth bag.

Nutrition Facts



Properties

Glycemic Index:53.31, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:29.434782639794%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Apigenin: 7.21mg, Apigenin: 7.21mg, Apigenin: 7.21mg, Apigenin: 7.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 434.96kcal (21.75%), Fat: 17.6g (27.07%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 13.74g (5%), Sugar: 3.55g (3.95%), Cholesterol: 104.33mg (34.78%), Sodium: 672.45mg (29.24%), Alcohol: 12.6g (100%), Alcohol %: 3.27% (100%), Protein: 33.56g (67.13%), Zinc: 12.39mg (82.63%), Selenium: 52.77µg (75.39%), Vitamin B12: 4.2µg (70.05%), Vitamin K: 58.81µg (56.01%), Vitamin B3: 9.91mg (49.54%), Vitamin A: 2124.85IU (42.5%), Phosphorus: 401.55mg (40.15%), Vitamin B2: 0.64mg (37.57%), Vitamin B6: 0.75mg (37.31%), Potassium: 1128.18mg (32.23%), Copper: 0.51mg (25.63%), Iron: 4.18mg (23.21%), Vitamin B5: 2.19mg (21.86%), Vitamin B1: 0.24mg (15.97%), Manganese: 0.28mg (14.08%), Folate: 47.24µg (11.81%), Vitamin C: 9.68mg (11.73%), Magnesium: 45.42mg (11.35%), Fiber: 1.85g (7.42%), Calcium: 63.64mg (6.36%), Vitamin E: 0.4mg (2.69%), Vitamin D: 0.23µg (1.51%)