



Rocky Mountain Stew

 Dairy Free

READY IN



195 min.

SERVINGS



10

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 6 carrots cut into 2 inch pieces
- ☐ 0.3 cup flour all-purpose
- ☐ 1 clove garlic crushed
- ☐ 1 teaspoon juice of lemon
- ☐ 14.5 ounce tiny onions whole canned
- ☐ 0.3 teaspoon paprika
- ☐ 10 ounce peas green frozen thawed

- ☐ 4 potatoes quartered
- ☐ 1 tablespoon salt
- ☐ 2 pounds sirloin tips cubed
- ☐ 2 tablespoons vegetable oil
- ☐ 4.3 cups water divided
- ☐ 1 teaspoon sugar white
- ☐ 1 teaspoon worcestershire sauce

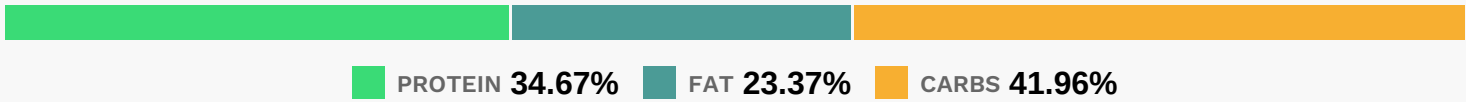
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot over medium heat, cook sirloin in oil until quite brown.
- ☐ Pour 1 cup of water over the meat and drippings and cook, stirring, 2 minutes, until a dark gravy forms. Stir in 3 cups water with the salt, lemon juice, paprika, garlic, sugar, Worcestershire and bay leaf. Cover, reduce heat and simmer 2 1/2 hours.
- ☐ Stir potatoes and carrots into simmering stew and cook until tender, 20 minutes.
- ☐ Stir in onions. In a small bowl, combine flour with remaining 1/3 cup water. Stir flour mixture into stew and cook until stew thickens. Top with peas just before serving.

Nutrition Facts



Properties

Glycemic Index:39.2, Glycemic Load:16.03, Inflammation Score:-10, Nutrition Score:23.804782706758%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg Kaempferol: 1.04mg, Kaempferol:

1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

Nutrients (% of daily need)

Calories: 280.64kcal (14.03%), Fat: 7.27g (11.19%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 24.05g (8.75%), Sugar: 6.24g (6.93%), Cholesterol: 55.34mg (18.45%), Sodium: 795.87mg (34.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.56%), Vitamin A: 6359.57IU (127.19%), Vitamin B6: 0.95mg (47.54%), Vitamin B3: 8.83mg (44.13%), Vitamin C: 33.7mg (40.84%), Selenium: 25.25µg (36.08%), Zinc: 4.55mg (30.36%), Phosphorus: 294.29mg (29.43%), Potassium: 926.46mg (26.47%), Fiber: 5.33g (21.3%), Manganese: 0.39mg (19.72%), Vitamin K: 19.89µg (18.94%), Vitamin B12: 1.08µg (17.99%), Vitamin B1: 0.27mg (17.85%), Iron: 2.96mg (16.44%), Folate: 64.54µg (16.13%), Magnesium: 60.33mg (15.08%), Copper: 0.26mg (13.23%), Vitamin B2: 0.21mg (12.44%), Vitamin B5: 1.04mg (10.41%), Calcium: 69.64mg (6.96%), Vitamin E: 0.83mg (5.57%)