



Rustic Slow Cooker Stew

 **Gluten Free**  **Dairy Free**

READY IN



375 min.

SERVINGS



12

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound baby carrots
- 10.5 ounce condensed beef consomme canned
- 3 pounds beef stew meat
- 28 ounce beef broth canned
- 1 teaspoon thyme leaves dried
- 1 teaspoon ground mustard seed
- 0.5 pound pearl onions peeled
- 5 potatoes red cut into chunks

- 12 servings salt and pepper to taste
- 2 cups burgundy wine

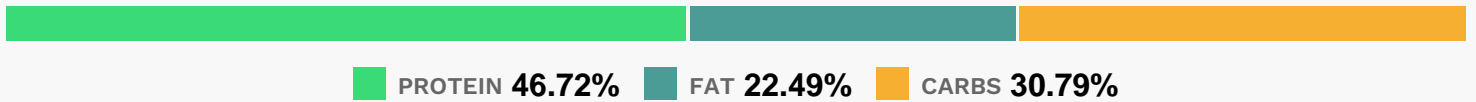
Equipment

- frying pan
- slow cooker

Directions

- Season the beef with salt and pepper, and place in a skillet over medium heat. Cook until evenly brown, and drain.
- In a slow cooker, mix the beef broth, condensed beef consomme, wine, water, mustard, and thyme.
- Place beef into the liquid, and stir in the potatoes, carrots, and onions.
- Cover, and cook 6 hours on Low or 4 hours on High. If you prefer a thick stew, mix the cornstarch and water together and stir into the slow cooker about 30 minutes before the end of the cooking time. Stir occasionally until thickened.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:20.444347599278%

Flavonoids

Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 275.7kcal (13.79%), Fat: 6.06g (9.32%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 16.23g (5.9%), Sugar: 3.17g (3.53%), Cholesterol: 70.31mg (23.44%), Sodium: 629.18mg (27.36%), Alcohol: 4.16g (100%), Alcohol %: 1.42% (100%), Protein: 28.32g (56.64%), Vitamin A: 2616.07IU (52.32%), Vitamin B6: 0.97mg (48.29%), Vitamin B3: 9.6mg (47.98%), Selenium: 33.19µg (47.41%), Vitamin B12: 2.16µg (36.03%), Zinc: 5.14mg (34.28%), Phosphorus: 330.09mg (33.01%), Potassium: 953.55mg (27.24%), Iron: 3.61mg (20.08%), Vitamin

B2: 0.25mg (14.7%), Magnesium: 57.54mg (14.39%), Manganese: 0.26mg (13.19%), Vitamin B1: 0.2mg (13.15%),
Copper: 0.26mg (13.05%), Vitamin C: 9.58mg (11.61%), Folate: 42.13µg (10.53%), Fiber: 2.43g (9.72%), Vitamin B5:
0.88mg (8.75%), Vitamin K: 7.22µg (6.88%), Calcium: 51.61mg (5.16%), Vitamin E: 0.37mg (2.45%)