



Savory Vegetable Beef Stew



Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 teaspoons beef bouillon granules
- ☐ 10.5 ounce condensed beef broth canned
- ☐ 3 pounds beef stew meat cut into 1-inch pieces
- ☐ 8 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 6 carrots cut into 1-inch pieces
- ☐ 3 tablespoons flour all-purpose

- ☐ 1 clove garlic minced
- ☐ 1 bell pepper green cut into 1/2-inch dice
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup salad dressing italian
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 6 small potatoes quartered
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons water cold

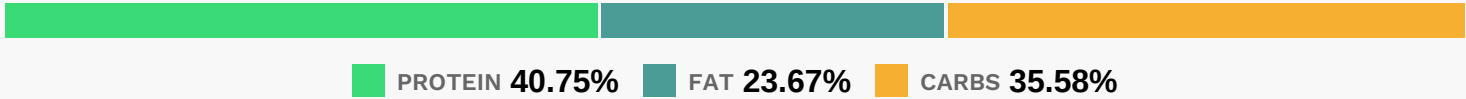
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large skillet or Dutch oven over medium heat; cook and stir beef stew meat and Italian dressing until meat is evenly browned, about 5 minutes.
- ☐ Add 2 cups water, beef bouillon, diced tomatoes, beef broth, tomato sauce, garlic, bay leaf, salt, oregano, and pepper to skillet; bring to a boil. Reduce heat to medium-low, cover, and simmer until meat is tender, about 1 1/2 hours.
- ☐ Place potatoes, carrots, bell pepper, and onion in stew; cover and simmer over medium-low heat until vegetables are tender, about 45 minutes.
- ☐ Combine flour and cold water in a small bowl; mix until smooth. Stir flour mixture into stew, bring to a boil; cook and stir until stew is thickened, about 2 minutes. Discard bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:32.72, Glycemic Load:14.15, Inflammation Score:-10, Nutrition Score:26.070434860561%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 283.7kcal (14.19%), Fat: 7.43g (11.43%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 21g (7.64%), Sugar: 5.68g (6.32%), Cholesterol: 70.32mg (23.44%), Sodium: 656.33mg (28.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.77g (57.55%), Vitamin A: 5295.57IU (105.91%), Vitamin B6: 1.15mg (57.49%), Vitamin B3: 9.86mg (49.28%), Selenium: 33.14µg (47.34%), Vitamin C: 31.78mg (38.52%), Vitamin B12: 2.12µg (35.31%), Zinc: 5.23mg (34.85%), Phosphorus: 331.39mg (33.14%), Potassium: 1055.9mg (30.17%), Iron: 4mg (22.24%), Manganese: 0.34mg (16.96%), Vitamin B1: 0.25mg (16.78%), Fiber: 4.13g (16.53%), Vitamin B2: 0.28mg (16.37%), Magnesium: 64.13mg (16.03%), Copper: 0.32mg (15.94%), Vitamin K: 14.95µg (14.24%), Folate: 47.49µg (11.87%), Vitamin B5: 1.02mg (10.22%), Vitamin E: 1.46mg (9.76%), Calcium: 65.81mg (6.58%)