



Simplest Beef Stew

 Dairy Free

READY IN



375 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 2.5 pounds ground beef trimmed of fat cut into 1-inch cubes
- 6 carrots cut into 1-inch pieces
- 0.5 teaspoon thyme dried
- 1.5 cups wine dry red
- 4 tablespoons flour all-purpose
- 8 cloves garlic finely chopped
- 2 onion cut into wedges

- 1 tablespoon red wine vinegar
- 6 servings salt and pepper
- 3 tablespoons vegetable oil

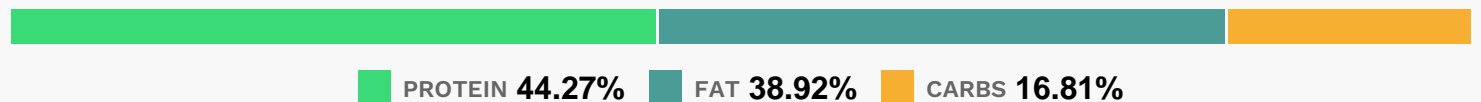
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Place meat in a large bowl; season all over with salt and pepper and coat in flour. Warm 2 Tbsp. oil in a skillet over medium-high heat. Fry half of meat until brown all over, about 4 minutes; place cubes in a slow cooker. Warm remaining 1 Tbsp. oil in skillet, fry remaining meat and place in slow cooker.
- Add onions and carrots to skillet and cook, stirring often, for 2 minutes.
- Add garlic; cook for 1 minute longer.
- Add onion mixture to slow cooker.
- Pour vinegar and wine into skillet, bring to a boil and then add mixture to slow cooker. Season mixture with salt, pepper and thyme; add bay leaf. Cover and cook on low heat until meat is tender, 5 to 6 hours.
- Remove bay leaf and serve hot.

Nutrition Facts



Properties

Glycemic Index:29.81, Glycemic Load:5.83, Inflammation Score:-10, Nutrition Score:27.875652302866%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin:

4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg
Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg,
Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg,
Kaempferol: 0.4mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 7.99mg,
Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg

Nutrients (% of daily need)

Calories: 433.43kcal (21.67%), Fat: 16.51g (25.4%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 16.04g (5.35%),
Net Carbohydrates: 13.45g (4.89%), Sugar: 4.5g (5%), Cholesterol: 117.18mg (39.06%), Sodium: 363.11mg (15.79%),
Alcohol: 6.3g (100%), Alcohol %: 2.18% (100%), Protein: 42.26g (84.52%), Vitamin A: 10195.95IU (203.92%), Vitamin
B12: 4.23µg (70.56%), Zinc: 9.92mg (66.11%), Vitamin B3: 11.35mg (56.77%), Selenium: 35.4µg (50.57%), Vitamin B6:
0.92mg (46.08%), Phosphorus: 418.1mg (41.81%), Iron: 5.18mg (28.79%), Potassium: 925.83mg (26.45%), Vitamin
B2: 0.38mg (22.3%), Vitamin K: 22.78µg (21.7%), Vitamin B5: 1.47mg (14.71%), Magnesium: 54.97mg (13.74%),
Manganese: 0.26mg (13.2%), Vitamin B1: 0.18mg (12.15%), Copper: 0.21mg (10.38%), Fiber: 2.59g (10.34%), Vitamin E:
1.51mg (10.05%), Folate: 37.53µg (9.38%), Vitamin C: 7.62mg (9.24%), Calcium: 55.55mg (5.55%), Vitamin D: 0.19µg
(1.26%)