



Sirloin Vegetable Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon beef-flavored bouillon granules
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 cup cooking wine dry red
- ☐ 2 tablespoons catsup
- ☐ 8 ounce mushrooms fresh whole
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce pepper stirfry frozen thawed
- ☐ 16 ounce stewing vegetables frozen

- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound beef top sirloin steaks boneless lean cut into 1-inch pieces
- ☐ 0.3 cup water divided
- ☐ 1 tablespoon worcestershire sauce

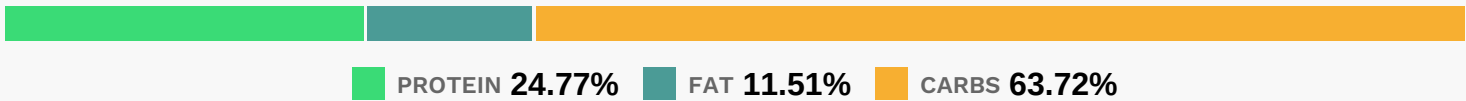
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Sprinkle steak with salt and pepper; coat with cooking spray.
- ☐ Add steak to pan; cook 2 minutes or until browned, stirring frequently.
- ☐ Add stewing vegetables, next 3 ingredients, 3 tablespoons water, Worcestershire sauce, and bouillon granules; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until vegetables are tender.
- ☐ Combine cornstarch and remaining 1 tablespoon water; stir in ketchup until smooth.
- ☐ Add ketchup mixture to steak mixture; bring to a boil. Cook, stirring constantly, 1 to 2 minutes or until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:19.28, Inflammation Score:-10, Nutrition Score:50.22347805811%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg,

Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 507.24kcal (25.36%), Fat: 7.55g (11.62%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 94.08g (31.36%), Net Carbohydrates: 60.23g (21.9%), Sugar: 4.05g (4.5%), Cholesterol: 50.23mg (16.74%), Sodium: 695.91mg (30.26%), Alcohol: 1.58g (100%), Alcohol %: 0.48% (100%), Protein: 36.57g (73.14%), Manganese: 14.8mg (740.17%), Vitamin K: 187.04µg (178.13%), Fiber: 33.86g (135.42%), Vitamin A: 6421.17IU (128.42%), Copper: 1.88mg (93.95%), Iron: 14.04mg (77.99%), Potassium: 2293.22mg (65.52%), Magnesium: 248.34mg (62.08%), Calcium: 558.64mg (55.86%), Selenium: 37.93µg (54.19%), Vitamin B6: 1.05mg (52.33%), Vitamin B3: 10.44mg (52.22%), Phosphorus: 481.93mg (48.19%), Vitamin B2: 0.65mg (38.33%), Zinc: 5.58mg (37.23%), Vitamin B5: 3.19mg (31.85%), Vitamin B1: 0.38mg (25.13%), Folate: 74.29µg (18.57%), Vitamin C: 13.84mg (16.78%), Vitamin B12: 0.83µg (13.91%), Vitamin E: 1.54mg (10.25%)