



Slow-braised Beef Stew with Mushrooms

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

READY IN



45 min.

SERVINGS



8

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon five spice powder chinese
- 0.3 cup balsamic vinegar
- 1 cup chicken broth
- 2 tablespoons cornstarch
- 0.5 cup cooking sherry
- 1 cup wine dry red
- 3 ginger fresh peeled very thin (quarter size)
- 1 teaspoon thyme sprigs dried fresh

- 0.3 cup chives fresh chopped
- 1 pound mushrooms ()
- 2 tablespoons olive oil
- 8 oz onion peeled finely chopped
- 1 cranberry-orange relish rinsed
- 8 servings salt and pepper
- 2 tablespoons soya sauce
- 4 pounds beef ribs

Equipment

- bowl
- frying pan
- ladle
- oven
- slotted spoon
- peeler

Directions

- Rinse meat; cut into 3- to 4-inch lengths (for chuck, about 1 in. thick and 1 1/2 in. wide) and place in a 5- to 6-quart slow-cooker.
- With a vegetable peeler, pare orange part of peel from orange and sliver it; save orange for other uses. In a 1 1/2- to 2-quart pan, combine peel, onion, 1 cup broth, wine, port, vinegar, soy sauce, thyme, ginger, and five spice. Bring to a boil over high heat.
- Pour liquid over meat. Turn slow-cooker to high, cover, and cook until meat is very tender when pierced, 5 to 6 hours.
- Rinse and drain mushrooms; trim off and discard stem ends.
- Cut mushrooms in half lengthwise and place in a 10- to 12-inch frying pan; add butter.
- Skim off and discard fat from liquid in slow-cooker. Ladle 1 cup liquid into pan with mushrooms. Stir mushrooms often over high heat until liquid has evaporated and mushrooms are lightly browned, 13 to 17 minutes.

- With a slotted spoon, lift meat from juices in slow-cooker and lay in a single layer in a shallow casserole (about 9 by 13 in.).
- Pour mushrooms over meat.
- Bake in a 375 regular or convection oven until meat is sizzling and browned, 12 to 15 minutes.
- Meanwhile, measure remaining liquid from slow-cooker. If less than 2 cups, add beef broth to make 2 cups, pour into a 2- to 3-quart pan, and bring to a boil over high heat; if there is more, pour into pan and boil, stirring occasionally, until reduced to 2 cups, 8 to 12 minutes. In a small bowl, mix cornstarch with 1/4 cup water.
- Pour into boiling liquid and stir until thickened, about 30 seconds.
- Pour evenly over meat and mix gently to blend with liquid in casserole, adding salt and pepper to taste.
- Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:2.51, Inflammation Score:-6, Nutrition Score:22.040434754413%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.88mg, Malvidin: 7.88mg, Malvidin: 7.88mg, Malvidin: 7.88mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg, Epicatechin: 3.28mg Hesperetin: 4.52mg, Hesperetin: 4.52mg, Hesperetin: 4.52mg, Hesperetin: 4.52mg Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 408.74kcal (20.44%), Fat: 20.75g (31.93%), Saturated Fat: 7.71g (48.18%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 10.22g (3.72%), Sugar: 5.46g (6.07%), Cholesterol: 98.27mg (32.76%), Sodium: 669mg (29.09%), Alcohol: 4.7g (100%), Alcohol %: 1.63% (100%), Protein: 34.64g (69.28%), Vitamin B12: 5.64µg (94.02%), Zinc: 8.37mg (55.79%), Selenium: 29.6µg (42.29%), Vitamin B3: 8.07mg (40.37%), Phosphorus: 388.32mg (38.83%),

Vitamin B6: 0.77mg (38.67%), Vitamin B2: 0.53mg (31.04%), Potassium: 896.64mg (25.62%), Iron: 4.36mg (24.24%), Copper: 0.34mg (16.94%), Vitamin C: 13.31mg (16.13%), Vitamin B1: 0.24mg (16.07%), Vitamin B5: 1.49mg (14.93%), Magnesium: 53.09mg (13.27%), Manganese: 0.18mg (8.84%), Folate: 32.57µg (8.14%), Fiber: 1.65g (6.6%), Vitamin K: 4.95µg (4.71%), Calcium: 37.99mg (3.8%), Vitamin E: 0.57mg (3.77%), Vitamin A: 105.07IU (2.1%)