



## Slow Cooker Beef Paprikash

READY IN



510 min.

SERVINGS



8

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds beef stew meat cubed ()
- 1 teaspoon caraway seeds crushed
- 8 servings extra wide egg noodles hot boiled for serving
- 0.3 cup freshly dill and/or parsley chopped
- 2 tablespoons flour all-purpose
- 2 cloves garlic minced
- 8 servings kosher salt and pepper black freshly ground
- 0.5 cup beef broth low-sodium
- 1 medium onion sliced

- 2 bell peppers red stemmed seeded coarsely chopped
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons paprika sweet
- 2 tablespoons tomato paste

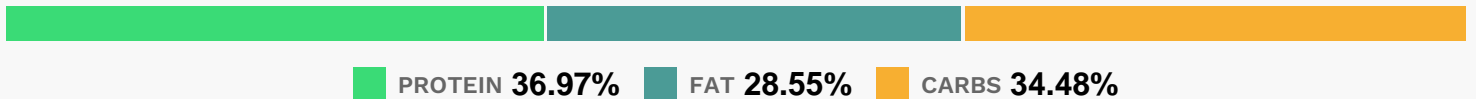
## Equipment

- slow cooker

## Directions

- Spread the onions in the bottom of an 8-cup slow cooker. Toss the beef with the flour, 1 teaspoon salt and 1/4 teaspoon pepper and place on top of the onions. Top with the bell peppers and garlic. Stir together the broth, paprika, tomato paste and caraway and pour over the beef. Cover and cook until the meat is very tender, either on high for 4 to 5 hours or on low for 7 to 8 hours.
- Uncover and let stand at least 10 minutes. Stir in the sour cream and dill and season to taste with salt and pepper.
- Serve over egg noodles or potatoes.

## Nutrition Facts



## Properties

Glycemic Index:40.13, Glycemic Load:12.29, Inflammation Score:-9, Nutrition Score:23.524783043758%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

## Nutrients (% of daily need)

Calories: 336.56kcal (16.83%), Fat: 10.6g (16.31%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 25.93g (9.43%), Sugar: 3.35g (3.72%), Cholesterol: 103.44mg (34.48%), Sodium: 135.36mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.88g (61.75%), Selenium: 53.46µg (76.37%), Vitamin C:

41.65mg (50.49%), Vitamin B6: 0.95mg (47.43%), Vitamin B3: 8.77mg (43.86%), Vitamin A: 2076.98IU (41.54%),  
Zinc: 5.57mg (37.11%), Vitamin B12: 2.2µg (36.74%), Phosphorus: 345.59mg (34.56%), Manganese: 0.44mg (21.8%),  
Iron: 3.75mg (20.83%), Potassium: 650.82mg (18.59%), Vitamin B2: 0.29mg (17.34%), Magnesium: 58.47mg  
(14.62%), Copper: 0.25mg (12.26%), Vitamin B1: 0.18mg (12.17%), Fiber: 2.87g (11.48%), Vitamin E: 1.7mg (11.35%),  
Folate: 44.89µg (11.22%), Vitamin B5: 0.95mg (9.47%), Calcium: 63.82mg (6.38%), Vitamin K: 5.13µg (4.89%)