



Slow Cooker Beef Stew

READY IN



520 min.

SERVINGS



10

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef chuck cut into 1 1/2-inch pieces
- 1 teaspoon caraway seeds
- 3 medium carrots cut into 1-inch chunks
- 0.5 pound cremini mushrooms halved
- 0.3 cup flour all-purpose plus more for coating
- 3 sprigs thyme leaves fresh
- 10 servings kosher salt and pepper black freshly ground
- 2 cups beef broth low-sodium
- 3 tablespoons olive oil

- 1 medium onion chopped
- 0.5 cup parsley leaves loosely packed chopped
- 1 cup red wine
- 10 servings cup heavy whipping cream sour for serving
- 1 teaspoon paprika sweet plus more for garnish
- 2 tablespoons tomato paste
- 1 pound potatoes white halved

Equipment

- bowl
- frying pan
- whisk
- slow cooker

Directions

- Toss the beef with the paprika, 1 1/2 teaspoons salt and 1/2 teaspoon pepper. Coat in flour and shake off any excess.
- Heat 2 tablespoons of the oil in a large nonstick skillet over medium-high heat.
- Add the beef and cook undisturbed until it begins to brown, about 3 minutes. Continue to cook, turning the beef as needed, until mostly browned, about 3 minutes more.
- Remove the skillet from the heat and transfer the beef to the insert of a 6-quart slow cooker; add the potatoes, mushrooms, carrots and onions and stir to combine.
- Heat the remaining 1 tablespoon of oil in the skillet over medium heat.
- Add the tomato paste and stir until the oil begins to turn brick-red, about 1 minute.
- Add the flour and wine and whisk until thick (it's OK if there are some lumps).
- Add the beef broth, thyme, caraway if using, 1/2 teaspoon salt and a few grinds of pepper and bring to a simmer, whisking; continue simmering and whisking until the gravy is smooth and thick, about 4 minutes.
- Pour the gravy into the slow cooker, cover and cook on low for 8 hours. The meat and vegetables should be tender.

Season with salt and pepper and stir in the parsley.

Serve the stew in bowls with dollops of sour cream and a sprinkle of paprika.

Nutrition Facts

PROTEIN 27.35% **FAT 50.32%** **CARBS 22.33%**

Properties

Glycemic Index:41.66, Glycemic Load:9.28, Inflammation Score:-10, Nutrition Score:22.390869565632%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 320.06kcal (16%), Fat: 17.2g (26.47%), Saturated Fat: 6.41g (40.08%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 14.79g (5.38%), Sugar: 3.08g (3.43%), Cholesterol: 69.68mg (23.23%), Sodium: 210.65mg (9.16%), Alcohol: 2.54g (100%), Alcohol %: 1.12% (100%), Protein: 21.04g (42.08%), Vitamin A: 3560.91IU (71.22%), Vitamin K: 57.39µg (54.66%), Zinc: 7.45mg (49.64%), Vitamin B12: 2.52µg (42.07%), Selenium: 26.91µg (38.45%), Vitamin B3: 5.94mg (29.69%), Vitamin B6: 0.58mg (29.05%), Phosphorus: 259.9mg (25.99%), Potassium: 873.84mg (24.97%), Vitamin C: 16.15mg (19.58%), Vitamin B2: 0.33mg (19.51%), Iron: 3.16mg (17.57%), Copper: 0.26mg (13.17%), Manganese: 0.25mg (12.53%), Vitamin B5: 1.18mg (11.85%), Vitamin B1: 0.18mg (11.82%), Magnesium: 42.37mg (10.59%), Fiber: 2.39g (9.56%), Folate: 35.01µg (8.75%), Vitamin E: 1.18mg (7.86%), Calcium: 57.01mg (5.7%)