



Slow Cooker Beef Stew with Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds stewing beef such as chuck or round, cut lean
- ☐ 3 cups beef stock
- ☐ 1 oz porcini mushrooms dried
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 3 garlic cloves
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion finely chopped

- ☐ 1 pound portabello mushrooms sliced
- ☐ 0.3 cup red wine
- ☐ 6 servings salt and pepper
- ☐ 6 servings into chunks

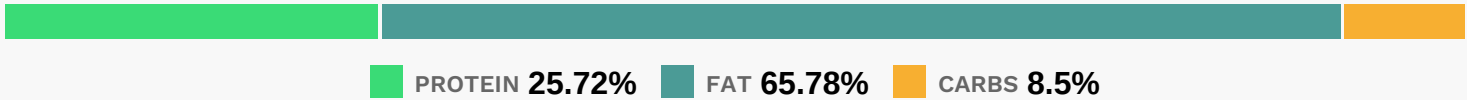
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ slow cooker

Directions

- ☐ Place the beef in a bowl.
- ☐ Sprinkle with the salt and pepper and toss to coat evenly. In a large fry pan over medium-high heat, warm the olive oil. Working in batches if necessary, sauté the beef until browned on all sides, about 5 minutes.
- ☐ Transfer to a bowl and set aside.
- ☐ Add the onion and garlic to the pan and sauté over medium-high heat for 1 minute.
- ☐ Add 1/2 cup of beef stock and wine, if using, and deglaze the pan, stirring and scraping up the browned bits from the pan bottom with a wooden spoon. ransfer the beef to a slow cooker and add the onion mixture and the rest of the ingredients. Cover and cook according to the manufacturer’s instructions until the beef is very tender and the sauce is thick but still fluid, about 3 hours on high or 6 hours on low.Spoon the stew onto individual plates with white rice or into a large serving bowl.
- ☐ Garnish with the thyme and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:22.167391525662%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 491.17kcal (24.56%), Fat: 35.37g (54.41%), Saturated Fat: 12.35g (77.2%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 8.31g (3.02%), Sugar: 3.4g (3.78%), Cholesterol: 107.35mg (35.78%), Sodium: 541.63mg (23.55%), Alcohol: 1.06g (100%), Alcohol %: 0.35% (100%), Protein: 31.11g (62.22%), Selenium: 40.66µg (58.09%), Vitamin B3: 11.56mg (57.78%), Vitamin B12: 3.27µg (54.56%), Zinc: 7.35mg (48.99%), Phosphorus: 380.68mg (38.07%), Vitamin B6: 0.75mg (37.65%), Copper: 0.63mg (31.25%), Vitamin B2: 0.5mg (29.45%), Potassium: 1018.67mg (29.1%), Vitamin B5: 2.68mg (26.84%), Iron: 3.89mg (21.61%), Vitamin B1: 0.17mg (11.58%), Folate: 44.61µg (11.15%), Magnesium: 43.83mg (10.96%), Manganese: 0.18mg (9.22%), Vitamin E: 1.33mg (8.84%), Fiber: 1.97g (7.89%), Vitamin K: 5.77µg (5.5%), Calcium: 50.9mg (5.09%), Vitamin D: 0.56µg (3.75%), Vitamin C: 1.89mg (2.29%)