



Slow-Cooker Caribbean Beef Stew

 Dairy Free  Very Healthy

READY IN



435 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef stew meat cut into 1 1/2-inch cubes
- 10 ounce canned tomatoes diced with green chiles mexican-style canned
- 3 medium carrots
- 0.3 cup flour all-purpose
- 1 clove garlic finely chopped
- 1 piece ginger peeled finely chopped
- 0.3 teaspoon ground allspice
- 4 servings kosher salt and pepper white freshly ground

- 4 scallions sliced
- 3 sprigs thyme leaves
- 2 teaspoons worcestershire sauce
- 1 pound yukon gold potatoes peeled quartered

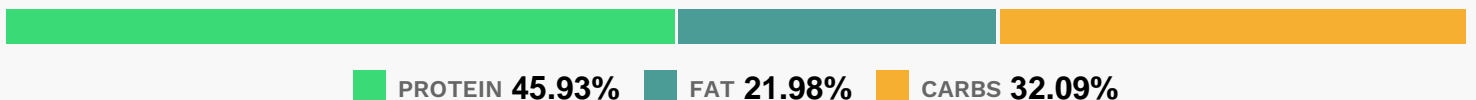
Equipment

- bowl
- whisk
- slow cooker

Directions

- Strip the leaves from 1 sprig thyme and chop; combine with the flour, allspice, 1/2 teaspoon salt and 1/4 teaspoon white pepper in a large bowl.
- Add the beef and toss to coat.
- Put the potatoes, carrots, the remaining 2 thyme sprigs, the ginger and garlic in a 5-to-6-quart slow cooker.
- Add the beef, reserving any excess seasoned flour in the bowl.
- Whisk 1/2 cup water and the Worcestershire sauce into the reserved seasoned flour, then add to the slow cooker.
- Pour the tomatoes on top. Cover and cook on low 7 hours or on high 4 hours.
- Add the scallions to the stew and season with salt. Divide among bowls and serve with hot sauce.
- Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:85.65, Glycemic Load:22.04, Inflammation Score:-10, Nutrition Score:42.39478252245%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 489.23kcal (24.46%), Fat: 11.76g (18.09%), Saturated Fat: 3.95g (24.71%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 32.85g (11.95%), Sugar: 5.38g (5.98%), Cholesterol: 140.61mg (46.87%), Sodium: 214.21mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.3g (110.59%), Vitamin A: 7886.57IU (157.73%), Vitamin B6: 1.99mg (99.31%), Selenium: 67.08µg (95.83%), Vitamin B3: 18.21mg (91.07%), Vitamin B12: 4.2µg (69.93%), Zinc: 10.15mg (67.67%), Phosphorus: 605.42mg (60.54%), Potassium: 1616.29mg (46.18%), Vitamin C: 36.27mg (43.96%), Iron: 7.65mg (42.5%), Vitamin K: 37.89µg (36.08%), Vitamin B2: 0.54mg (31.6%), Vitamin B1: 0.46mg (30.47%), Manganese: 0.53mg (26.73%), Magnesium: 102.99mg (25.75%), Copper: 0.47mg (23.72%), Fiber: 5.78g (23.14%), Folate: 89.77µg (22.44%), Vitamin B5: 1.6mg (15.99%), Calcium: 117.98mg (11.8%), Vitamin E: 1.56mg (10.37%)