



WHATSheATE



Slow-Cooker Country French Beef Stew



Dairy Free

READY IN



475 min.

SERVINGS



12

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon cut into 1/2-inch pieces
- ☐ 3 lb beef chuck boneless trimmed of fat cut into 1-inch pieces
- ☐ 1 large onion cut into 1/2-inch wedges
- ☐ 3 cups baby carrots ready-to-serve
- ☐ 1 cup red wine
- ☐ 0.8 cup beef broth flavored (from 32-oz carton)
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon basil dried

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 0.5 cup sun-dried olives (not oil-packed)
- ☐ 1 serving egg noodles hot cooked
- ☐ 1 leaves parsley fresh chopped

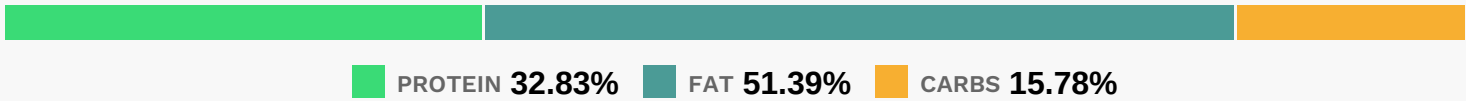
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray. In 12-inch nonstick skillet, cook bacon over medium-high heat, stirring occasionally, until crisp.
- ☐ Place bacon in cooker. Discard all but 1 tablespoon bacon fat in skillet. Cook beef in bacon fat 2 to 3 minutes, stirring occasionally, until brown. Stir onion into beef. Cook 1 minute, stirring occasionally. Spoon mixture into cooker.
- ☐ Stir carrots, wine, broth, flour, basil, thyme, salt, pepper and canned diced tomatoes into mixture in cooker.
- ☐ Cover; cook on Low heat setting 7 to 8 hours.
- ☐ Stir in mushrooms and sun-dried tomatoes. Cover; cook on Low heat setting 20 to 30 minutes longer or until sun-dried tomatoes are tender.
- ☐ Serve beef mixture over noodles; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:26.92, Glycemic Load:2.89, Inflammation Score:-10, Nutrition Score:22.341304359229%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 323.36kcal (16.17%), Fat: 17.89g (27.52%), Saturated Fat: 7.28g (45.5%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 9.93g (3.61%), Sugar: 5g (5.56%), Cholesterol: 87.56mg (29.19%), Sodium: 398.18mg (17.31%), Alcohol: 2.18g (100%), Alcohol %: 1.02% (100%), Protein: 25.71g (51.42%), Vitamin A: 4525.31IU (90.51%), Zinc: 9.04mg (60.26%), Vitamin B12: 3.18µg (52.92%), Selenium: 30.4µg (43.43%), Vitamin B3: 7.14mg (35.71%), Vitamin B6: 0.59mg (29.61%), Phosphorus: 291.62mg (29.16%), Potassium: 790.59mg (22.59%), Iron: 3.81mg (21.18%), Vitamin B2: 0.32mg (18.87%), Copper: 0.27mg (13.6%), Vitamin B5: 1.35mg (13.52%), Vitamin B1: 0.19mg (12.86%), Manganese: 0.25mg (12.44%), Magnesium: 44.72mg (11.18%), Vitamin K: 10.59µg (10.09%), Fiber: 2.43g (9.71%), Vitamin C: 7.38mg (8.95%), Folate: 28.14µg (7.04%), Calcium: 53.77mg (5.38%), Vitamin E: 0.52mg (3.49%), Vitamin D: 0.2µg (1.35%)