



Slow-Cooker Country French Beef Stew

 Dairy Free

READY IN



475 min.

SERVINGS



12

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups baby carrots ready-to-serve
- 6 slices bacon cut into 1/2-inch pieces
- 0.8 cup beef broth flavored (from 32-oz carton)
- 3 lb beef chuck boneless trimmed of fat cut into 1-inch pieces
- 14.5 oz tomatoes diced undrained canned
- 12 servings egg noodles hot cooked
- 1 teaspoon basil dried
- 3 tablespoons flour all-purpose

- 1 leaves parsley fresh chopped
- 8 oz mushrooms fresh sliced (3 cups)
- 1 large onion cut into 1/2-inch wedges
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.5 cup sun-dried olives (not oil-packed)
- 0.5 teaspoon thyme leaves dried
- 1 cup red wine

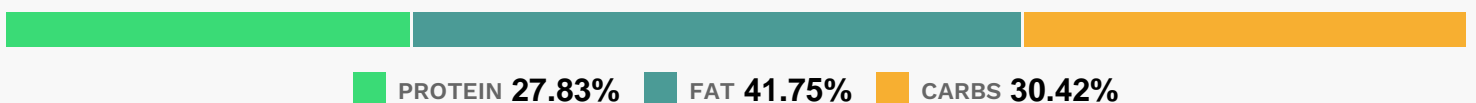
Equipment

- 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:12.22, Inflammation Score:-10, Nutrition Score:25.659130702848%

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: 430.89kcal (21.54%), Fat: 19.5g (30%), Saturated Fat: 7.61g (47.54%), Carbohydrates: 31.97g (10.66%), Net Carbohydrates: 28.6g (10.4%), Sugar: 5.31g (5.9%), Cholesterol: 110.15mg (36.72%), Sodium: 402.08mg (17.48%), Alcohol: 2.18g (100%), Alcohol %: 0.79% (100%), Protein: 29.25g (58.49%), Vitamin A: 4541.68IU (90.83%), Selenium: 49.03µg (70.04%), Zinc: 9.55mg (63.63%), Vitamin B12: 3.25µg (54.09%), Vitamin B3: 7.45mg (37.27%), Phosphorus: 350.83mg (35.08%), Vitamin B6: 0.63mg (31.4%), Manganese: 0.49mg (24.71%), Iron: 4.28mg (23.78%), Potassium: 820.2mg (23.43%), Vitamin B2: 0.34mg (19.79%), Copper: 0.35mg (17.42%), Vitamin B5: 1.56mg (15.57%), Magnesium: 61.08mg (15.27%), Vitamin B1: 0.22mg (14.41%), Fiber: 3.36g (13.45%), Vitamin K: 10.59µg (10.09%), Vitamin C: 7.38mg (8.95%), Folate: 33.6µg (8.4%), Calcium: 63.12mg (6.31%), Vitamin E: 0.66mg (4.37%), Vitamin D: 0.28µg (1.87%)