



Slow-Cooker Savory Brisket Stew

 Dairy Free

READY IN



520 min.

SERVINGS



14

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 brisket fresh cut into 3 pieces lengthwise (3 lb; not corned beef)
- ☐ 1 cup wine dry red flavored progresso®
- ☐ 3 lb butternut squash peeled cut into 3/4- to 1-inch cubes (8 cups)
- ☐ 28 oz canned tomatoes diced organic undrained muir glen® canned
- ☐ 1 medium onion cut into 1/2-inch wedges (1 cup)
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup cooking tapioca
- ☐ 1 teaspoon salt

☐ 28 oz extra wide egg noodles uncooked

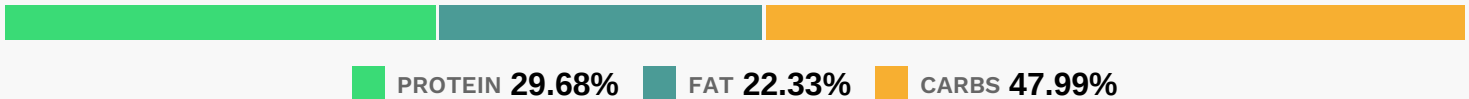
Equipment

- ☐ bowl
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray. In cooker, arrange brisket pieces, fat side up.
- ☐ Add remaining ingredients except noodles and tapioca in order listed.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Cook and drain noodles as directed on package. Meanwhile, remove brisket from cooker and place fat side up on cutting board. If necessary, scrape off any fat from brisket and discard. Using 2 forks, coarsely shred brisket.
- ☐ Stir tapioca into liquid in cooker. Return shredded brisket to cooker. Increase heat setting to High; cover and cook about 15 minutes longer or until thickened.
- ☐ Serve stew in soup bowls over hot noodles.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:18.29, Inflammation Score:-10, Nutrition Score:32.120000149893%

Flavonoids

Petunidin: 0.57mg, Petunidin: 0.57mg, Petunidin: 0.57mg, Petunidin: 0.57mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 4.5mg, Malvidin: 4.5mg, Malvidin: 4.5mg, Malvidin: 4.5mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 507.98kcal (25.4%), Fat: 12.33g (18.97%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 59.62g (19.87%), Net Carbohydrates: 54.58g (19.85%), Sugar: 6.03g (6.7%), Cholesterol: 127.96mg (42.65%), Sodium: 359.43mg (15.63%), Alcohol: 1.8g (100%), Alcohol %: 0.62% (100%), Protein: 36.88g (73.77%), Vitamin A: 10489.79IU (209.8%), Selenium: 66.8µg (95.43%), Vitamin B12: 3.31µg (55.22%), Zinc: 6.99mg (46.58%), Vitamin B6: 0.91mg (45.55%), Phosphorus: 449.69mg (44.97%), Manganese: 0.82mg (41.13%), Vitamin B3: 8.16mg (40.82%), Vitamin C: 26.21mg (31.77%), Potassium: 1086.65mg (31.05%), Iron: 5.01mg (27.82%), Magnesium: 107.99mg (27%), Vitamin B1: 0.37mg (24.62%), Copper: 0.45mg (22.5%), Fiber: 5.04g (20.18%), Vitamin B2: 0.32mg (18.97%), Vitamin E: 2.74mg (18.23%), Vitamin B5: 1.53mg (15.28%), Folate: 60.63µg (15.16%), Calcium: 94.48mg (9.45%), Vitamin K: 6.19µg (5.9%), Vitamin D: 0.17µg (1.13%)