



Slow Cooker Venison Stew

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown ale (such as Newcastle)
- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1 cup carrots 1-inch-thick ()
- ☐ 1 cup celery 1-inch-thick ()
- ☐ 2 cups cremini mushrooms quartered

- ☐ 1 ounce flour all-purpose
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 2 large garlic cloves minced
- ☐ 14 ounce less-sodium beef broth canned
- ☐ 1 cup onion cubed (1-inch)
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons sugar
- ☐ 0.3 cup tomato paste
- ☐ 1 pound venison tenderloin cut into 1 1/2-inch pieces
- ☐ 2 cups yukon gold red cubed peeled (1-inch)

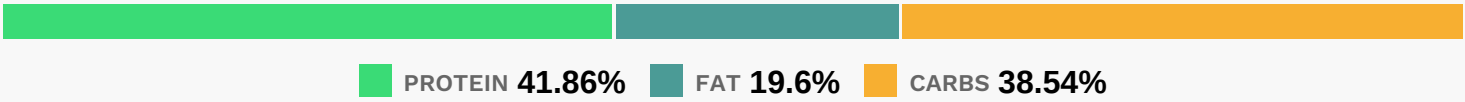
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Layer first 14 ingredients in an electric slow cooker.
- ☐ Combine flour, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a shallow dish; dredge venison in flour mixture.
- ☐ Heat oil in a large nonstick skillet over medium-high heat; add venison. Cook 4 minutes or until browned on all sides, turning frequently.
- ☐ Add venison to slow cooker.
- ☐ Pour beer and broth over venison. Cover and cook on low 7 1/2 hours or until meat is tender. Discard bay leaf.
- ☐ Stew can be frozen in an airtight container for up to three months; add a little more water or beer when reheating.

Nutrition Facts



Properties

Glycemic Index:80.07, Glycemic Load:6.3, Inflammation Score:-10, Nutrition Score:22.195217387832%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 214.49kcal (10.72%), Fat: 4.5g (6.92%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 16.84g (6.12%), Sugar: 5.93g (6.58%), Cholesterol: 64.26mg (21.42%), Sodium: 554.37mg (24.1%), Alcohol: 1.53g (100%), Alcohol %: 0.61% (100%), Protein: 21.62g (43.25%), Vitamin B12: 4.8µg (80.04%), Vitamin A: 3902.08IU (78.04%), Vitamin B3: 7.29mg (36.44%), Vitamin B2: 0.58mg (34.15%), Potassium: 927.81mg (26.51%), Vitamin B6: 0.5mg (24.82%), Phosphorus: 242.23mg (24.22%), Selenium: 16.72µg (23.89%), Iron: 4.05mg (22.51%), Copper: 0.45mg (22.34%), Vitamin B1: 0.29mg (19.39%), Manganese: 0.36mg (17.99%), Vitamin K: 17.39µg (16.56%), Zinc: 2.22mg (14.78%), Vitamin C: 10.23mg (12.4%), Fiber: 3.07g (12.27%), Magnesium: 45.03mg (11.26%), Folate: 43.39µg (10.85%), Vitamin E: 1.51mg (10.07%), Vitamin B5: 0.64mg (6.38%), Calcium: 54.15mg (5.42%)