



Slow Simmer Beef Stew

READY IN



230 min.

SERVINGS



8

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 8 cups beef broth divided
- ☐ 2 pounds beef stew meat cut into cubes
- ☐ 0.3 cup butter
- ☐ 6 cups carrots sliced
- ☐ 3 cups celery chopped
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon parsley dried
- ☐ 0.5 cup flour all-purpose as needed

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup olive oil
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 6 cups potatoes diced
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1 tablespoon worcestershire sauce

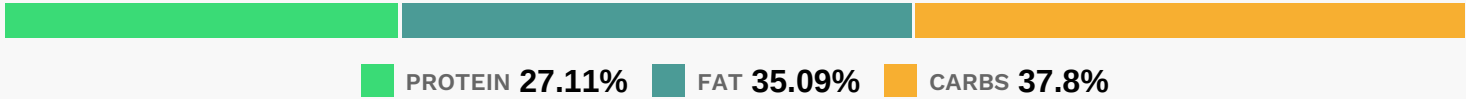
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon
- ☐ ziploc bags

Directions

- ☐ Combine beef stew meat and flour in a resealable plastic bag; seal bag and shake to coat beef.
- ☐ Melt butter with olive oil in a large pot over high heat; add beef and season with seasoned salt. Cook and stir beef until seared on all sides 5 to 7 minutes. Stir onion into the beef; cook and stir until the onion is browned, about 5 minutes more.
- ☐ Pour enough of the beef broth into the pot to cover the bottom; bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon.
- ☐ Add remainder of the beef broth; bring to a simmer before adding carrots, potatoes, celery, balsamic vinegar, Worcestershire sauce, parsley, basil, paprika, and garlic powder.
- ☐ Bring liquid to a boil, reduce heat to low, and cook stew at a simmer until the meat and vegetables are very tender, 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:48.07, Glycemic Load:28.31, Inflammation Score:-10, Nutrition Score:33.576521997866%

Flavonoids

Apigenin: 1.65mg, Apigenin: 1.65mg, Apigenin: 1.65mg, Apigenin: 1.65mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 492.42kcal (24.62%), Fat: 19.21g (29.55%), Saturated Fat: 6.88g (43%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 39.23g (14.26%), Sugar: 7.73g (8.58%), Cholesterol: 85.56mg (28.52%), Sodium: 1428.33mg (62.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.39g (66.78%), Vitamin A: 16452.94IU (329.06%), Vitamin B6: 1.42mg (70.87%), Vitamin B3: 12.78mg (63.88%), Selenium: 36.67µg (52.38%), Vitamin C: 39.18mg (47.49%), Potassium: 1645.49mg (47.01%), Phosphorus: 425.2mg (42.52%), Vitamin B12: 2.28µg (37.97%), Zinc: 5.57mg (37.11%), Vitamin K: 35.2µg (33.52%), Fiber: 7.31g (29.26%), Iron: 5.06mg (28.13%), Manganese: 0.55mg (27.57%), Vitamin B1: 0.38mg (25.23%), Vitamin B2: 0.41mg (24.15%), Folate: 94.47µg (23.62%), Magnesium: 89.23mg (22.31%), Copper: 0.36mg (18.22%), Vitamin E: 2.29mg (15.26%), Vitamin B5: 1.43mg (14.29%), Calcium: 114.69mg (11.47%)