



Slow Simmered Beef with Potatoes

 Very Healthy

READY IN



390 min.

SERVINGS



6

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2.5 pounds stew beef at room temperature
- ☐ 1 quart beef stock
- ☐ 2 cups cooking wine dry red
- ☐ 7 tablespoons evoo
- ☐ 3 cloves garlic crushed
- ☐ 1 onion quartered
- ☐ 1 tablespoon coarse pepper black

- ☐ 2.5 pounds potatoes peeled sliced cut into wedges
- ☐ 2 tablespoons rosemary finely chopped
- ☐ 6 servings salt
- ☐ 2 tablespoons tomato paste

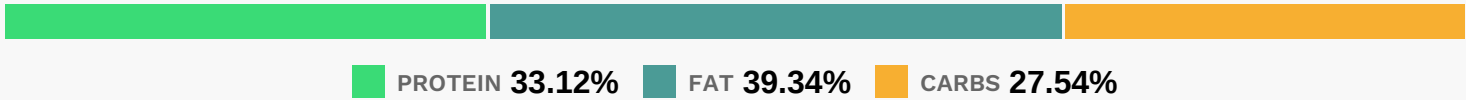
Equipment

- ☐ oven
- ☐ pot
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Drizzle the beef with 4 to 5 tablespoons of the EVOO and season with a little salt.
- ☐ Place the beef in large Dutch oven with the stock and enough water to just cover.
- ☐ Add the onion, bay leaves and 2 cloves of the garlic. Bring to a low boil and simmer, partially covered, for 2 hours. Stir together the tomato paste and 1/4 cup of the cooking liquid, then add to the pot.
- ☐ Add the pepper and wine and cover. Cook on the stovetop at a gentle simmer until very tender and falling apart, 2 1/2 to 3 hours (alternatively, transfer to the oven and roast at 325 degrees F). Cool and store. Reheat over medium heat or in a moderate oven.
- ☐ To serve, while the beef is reheating, boil the potatoes until tender and drain.
- ☐ Add the remaining 2 to 3 tablespoons of oil to a pot over medium heat.
- ☐ Add the remaining clove garlic, stir for minute, then remove the garlic.
- ☐ Add the potatoes and crisp a bit. Season with salt, pepper and the rosemary.

Nutrition Facts



Properties

Glycemic Index:47.96, Glycemic Load:25.27, Inflammation Score:-8, Nutrition Score:35.154782720234%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 660.18kcal (33.01%), Fat: 26.21g (40.32%), Saturated Fat: 5.65g (35.3%), Carbohydrates: 41.3g (13.77%), Net Carbohydrates: 36.03g (13.1%), Sugar: 3.77g (4.19%), Cholesterol: 117.18mg (39.06%), Sodium: 667.25mg (29.01%), Alcohol: 8.4g (100%), Alcohol %: 1.61% (100%), Protein: 49.64g (99.28%), Vitamin B6: 1.95mg (97.28%), Vitamin B3: 16.35mg (81.76%), Selenium: 55.48µg (79.26%), Zinc: 8.8mg (58.64%), Vitamin B12: 3.5µg (58.27%), Phosphorus: 577.09mg (57.71%), Potassium: 1838.85mg (52.54%), Vitamin C: 40.65mg (49.27%), Iron: 6.42mg (35.64%), Vitamin B2: 0.53mg (30.94%), Magnesium: 107.54mg (26.88%), Vitamin B1: 0.4mg (26.54%), Manganese: 0.52mg (26.18%), Copper: 0.52mg (25.83%), Vitamin E: 3.2mg (21.32%), Fiber: 5.27g (21.06%), Vitamin K: 18.19µg (17.33%), Folate: 64.41µg (16.1%), Vitamin B5: 1.44mg (14.37%), Calcium: 93.58mg (9.36%), Vitamin A: 114IU (2.28%)