



Smoky beef stew



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



6

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg stewing beef cut into large chunks
- ☐ 2 onions chopped
- ☐ 800 g tomatoes chopped (2 cans)
- ☐ 2 tsp paprika sweet
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 2 tbsp caster sugar
- ☐ 400 g shell beans rinsed drained canned

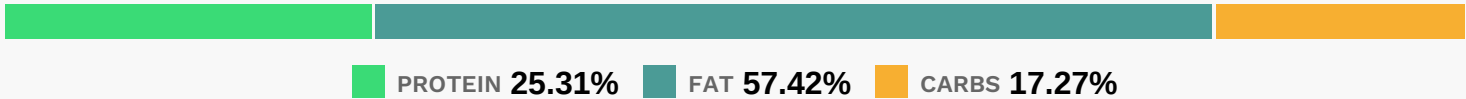
Equipment

- ☐ oven
- ☐ casserole dish
- ☐ microwave

Directions

- ☐ Heat oven to 160C/ 140C fan/gas
- ☐ Mix the beef, onions, tomatoes, spices, vinegar and sugar in a casserole dish. Cover and bake for 2 hrs. Stir in the beans and bake for 30 mins more (with the lid off if the casserole is a little wet or lid on if good consistency), until the beef is tender.
- ☐ Cool, then freeze in 6–8 portions in small food bags or plastic containers. Defrost in microwave or overnight in fridge, then heat in the morning and transfer to a thermos container, or heat in the microwave at lunchtime.

Nutrition Facts



Properties

Glycemic Index:31.02, Glycemic Load:7.36, Inflammation Score:-8, Nutrition Score:23.879130337549%

Flavonoids

Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 532.89kcal (26.64%), Fat: 33.85g (52.07%), Saturated Fat: 12.88g (80.51%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 17.25g (6.27%), Sugar: 9.12g (10.14%), Cholesterol: 118.33mg (39.44%), Sodium: 344.69mg (14.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.58g (67.15%), Vitamin B12: 3.57µg (59.44%), Zinc: 7.72mg (51.47%), Vitamin B3: 8.12mg (40.6%), Selenium: 28.25µg (40.36%), Vitamin B6: 0.76mg (38.2%), Phosphorus: 357.79mg (35.78%), Vitamin A: 1439.76IU (28.8%), Potassium: 983.42mg (28.1%), Iron: 5.04mg (28.01%), Vitamin C: 21.01mg (25.47%), Manganese: 0.47mg (23.55%), Fiber: 5.66g (22.62%), Magnesium: 74.05mg (18.51%), Vitamin B2: 0.31mg (18.44%), Folate: 72.29µg (18.07%), Copper: 0.32mg (16.01%), Vitamin K: 14.22µg (13.54%), Vitamin B5: 1.19mg (11.9%), Vitamin B1: 0.18mg (11.78%), Vitamin E: 1.6mg (10.7%), Calcium: 67.63mg (6.76%), Vitamin D: 0.17µg (1.11%)