



## Smoky Beef Stew with Blue Cheese and Chives

READY IN



240 min.

SERVINGS



8

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 strips hardwood-smoked bacon chopped
- ☐ 4 pounds beef chuck trimmed cut into 1 1/2-in. pieces
- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 tablespoon butter
- ☐ 1 pound carrots peeled cut into 1/4- by 2-in. sticks
- ☐ 1 teaspoon chipotle chile powder
- ☐ 0.3 cup chives minced

- ☐ 2 bottles cooking wine dry red (750 ml. each)
- ☐ 0.3 cup flour
- ☐ 2 large onions peeled cut into 1/2-in. wedges
- ☐ 1 tsp salt
- ☐ 1 tablespoon paprika smoked (see Notes)
- ☐ 2 tbsp vegetable oil
- ☐ 2 pounds yukon gold potatoes peeled cut into large pieces

## Equipment

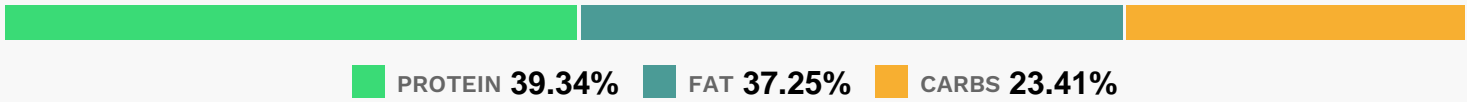
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ stove
- ☐ dutch oven

## Directions

- ☐ Heat a heavy, large casserole or Dutch oven (not nonstick) over medium-high heat.
- ☐ Add 1 tbsp. oil. When hot, add 1/5 to 1/4 of the beef. The first piece should sizzle when it hits the pot; if it doesn't, remove it and wait for the oil to get hotter. The pieces should not touch you want plenty of room so the juices will evaporate quickly and the meat can brown. Cook until well browned and a bit crusted, about 5 minutes each side, adjusting heat so meat sizzles but does not burn. They're ready to turn when they release from the pot easily.
- ☐ Transfer meat to a bowl and repeat with remaining meat and oil, for a total of 4 or 5 batches. This takes about an hour when done properly.
- ☐ Preheat oven to 35
- ☐ Add bacon to pot and cook until fat renders and bacon starts to brown.
- ☐ Transfer bacon to bowl with beef.
- ☐ Add onions to pot and stir in 1 tsp. salt. Cook, stirring, until onions begin to soften, about 2 minutes.
- ☐ Transfer onions to bowl with beef.

- ☐
- Add flour to pot and cook, stirring, until it starts to turn golden and smells faintly of piecrust, about 2 minutes.
- ☐
- Add smoked paprika and chipotle powder and cook, stirring, until fragrant, 30 seconds.
- ☐
- Add wine and increase heat to high. Scrape up any browned bits from bottom of pot.
- ☐
- Add reserved beef, bacon, and onions. Bring mixture to a boil. Cover and bake until meat is tender, about 1 1/2 hours.
- ☐
- Return pot to stove.
- ☐
- Add potatoes and bring to a boil.
- ☐
- Add carrots and bring back to a boil. Adjust heat to maintain a simmer. Cook, uncovered, until vegetables are tender, 30 minutes. Stir in butter and add salt to taste.
- ☐
- Serve hot, garnished with blue cheese, pepper, and chives.

Nutrition Facts



Properties

Glycemic Index:50.2, Glycemic Load:19.33, Inflammation Score:-10, Nutrition Score:38.0230432075%

Flavonoids

Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.96mg, Isorhamnetin: 1.96mg, Isorhamnetin: 1.96mg, Isorhamnetin: 1.96mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

Nutrients (% of daily need)

Calories: 574.08kcal (28.7%), Fat: 23.41g (36.02%), Saturated Fat: 9.66g (60.38%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 27.73g (10.08%), Sugar: 5.59g (6.21%), Cholesterol: 157.96mg (52.65%), Sodium: 670.16mg (29.14%), Alcohol: 0.03g (100%), Alcohol %: 0.01% (100%), Protein: 55.64g (111.27%), Vitamin A: 10073.27IU (201.47%), Vitamin B12: 5.24µg (87.35%), Zinc: 12.5mg (83.35%), Vitamin B3: 15.11mg (75.57%), Vitamin B6: 1.41mg (70.63%), Selenium: 44.9µg (64.14%), Phosphorus: 601.18mg (60.12%), Potassium: 1571.33mg (44.9%), Iron: 7mg (38.9%), Vitamin C: 29.19mg (35.39%), Vitamin B2: 0.52mg (30.46%), Magnesium: 92.95mg (23.24%), Vitamin B5: 2.25mg (22.46%), Fiber: 5.36g (21.45%), Vitamin B1: 0.31mg (20.39%), Vitamin K: 20.59µg (19.61%), Manganese:

0.39mg (19.32%), Copper: 0.36mg (18.03%), Folate: 59.38µg (14.84%), Vitamin E: 1.68mg (11.17%), Calcium: 111.24mg (11.12%), Vitamin D: 0.31µg (2.09%)