



Special Italian Meat

 Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cube beef bouillon from cube
- 2 pounds beef stew meat cubed
- 10.8 ounce condensed tomato soup canned
- 0.8 teaspoon thyme leaves dried
- 1 cup flour all-purpose
- 0.8 teaspoon garlic powder
- 8 servings salt and ground pepper black to taste
- 0.8 teaspoon ground rosemary dried

- 1 large onion chopped
- 0.8 teaspoon oregano dried
- 1 teaspoon paprika to taste
- 0.3 cup cooking sherry to taste
- 1 tablespoon vegetable oil or as needed
- 1 cup water boiling
- 1 tablespoon sugar white

Equipment

- bowl
- frying pan
- oven
- whisk
- casserole dish

Directions

- Preheat an oven to 300 degrees F (150 degrees C).
- Whisk together the flour, salt, pepper, and paprika in a large bowl; set aside.
- Dissolve the bouillon cube in the water in a 2 quart casserole dish, then whisk in the sherry, tomato soup, garlic powder, sugar, oregano, thyme, rosemary until blended; set aside.
- Heat the vegetable oil in a large skillet over medium-high heat. Toss the beef in the flour mixture to coat, and shake off excess. Cook the beef in the hot oil, turning occasionally, until browned on all sides.
- Remove the beef to the casserole dish, and reduce heat to medium. Stir in the onion, and cook until the onion has softened and turned translucent, about 5 minutes. Stir the onion into the beef mixture.
- Cover, and bake in the preheated oven until the meat is very tender, 2 to 2 1/2 hours.

Nutrition Facts



■ PROTEIN 41.45% ■ FAT 26% ■ CARBS 32.55%

Properties

Glycemic Index:43.82, Glycemic Load:12.09, Inflammation Score:-6, Nutrition Score:17.150000033171%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 277.94kcal (13.9%), Fat: 7.72g (11.88%), Saturated Fat: 2.28g (14.22%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 20.34g (7.4%), Sugar: 5.58g (6.2%), Cholesterol: 70.31mg (23.44%), Sodium: 212.37mg (9.23%), Alcohol: 0.77g (100%), Alcohol %: 0.43% (100%), Protein: 27.7g (55.41%), Selenium: 38.07µg (54.38%), Vitamin B3: 8.99mg (44.94%), Vitamin B6: 0.82mg (40.97%), Vitamin B12: 2.1µg (34.97%), Zinc: 4.97mg (33.14%), Phosphorus: 281.92mg (28.19%), Iron: 3.61mg (20.07%), Potassium: 664.1mg (18.97%), Vitamin B1: 0.26mg (17.08%), Vitamin B2: 0.28mg (16.23%), Manganese: 0.24mg (12.22%), Folate: 47.98µg (12%), Magnesium: 40.48mg (10.12%), Copper: 0.17mg (8.59%), Vitamin K: 9µg (8.57%), Vitamin C: 6.36mg (7.71%), Vitamin B5: 0.6mg (6.01%), Fiber: 1.42g (5.66%), Vitamin A: 280.43IU (5.61%), Vitamin E: 0.74mg (4.93%), Calcium: 40.89mg (4.09%)