



## Spicy Beef Vegetable Stew

 Gluten Free  Dairy Free

READY IN



500 min.

SERVINGS



12

CALORIES



151 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon beef bouillon granules
- 10 ounce canned tomatoes diced with green chile peppers canned
- 1 cup celery sliced
- 16 ounce vegetables mixed frozen
- 1 pound ground beef
- 1 teaspoon ground pepper black
- 1 cup onion chopped
- 30 ounce meatless spaghetti sauce

3.5 cups water

## Equipment

frying pan

slow cooker

## Directions

Heat a large skillet over medium-high heat and stir in ground beef and onions. Cook and stir until beef is crumbly, evenly browned, and no longer pink, about 10 minutes.

Drain and discard any excess grease.

Transfer beef mixture to a slow cooker. Stir in spaghetti sauce, water, mixed vegetables, diced tomatoes, celery, beef bouillon, and pepper. Cover and cook on Low until vegetables are tender, about 8 hours.

## Nutrition Facts

**PROTEIN 22.74%** **FAT 46.29%** **CARBS 30.97%**

## Properties

Glycemic Index:15.08, Glycemic Load:3.16, Inflammation Score:-9, Nutrition Score:10.480000050172%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

## Nutrients (% of daily need)

Calories: 150.8kcal (7.54%), Fat: 8.01g (12.32%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 8.3g (3.02%), Sugar: 4.01g (4.46%), Cholesterol: 26.84mg (8.95%), Sodium: 508.45mg (22.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin A: 2265.31IU (45.31%), Vitamin C: 12.97mg (15.73%), Fiber: 3.76g (15.03%), Vitamin B3: 2.82mg (14.12%), Vitamin B12: 0.81µg (13.51%), Zinc: 1.95mg (12.99%), Vitamin B6: 0.25mg (12.54%), Potassium: 436.92mg (12.48%), Manganese: 0.22mg (10.98%), Phosphorus: 107.69mg (10.77%), Iron: 1.84mg (10.21%), Selenium: 6.4µg (9.14%), Vitamin B2: 0.14mg (8.43%), Copper: 0.16mg (8.06%), Vitamin E: 1.2mg (8.02%), Magnesium: 29.45mg (7.36%), Folate: 25.63µg (6.41%), Vitamin B1: 0.09mg (5.85%), Vitamin K: 5.46µg (5.2%), Vitamin B5: 0.51mg (5.1%), Calcium: 35.52mg (3.55%)