



 **72%**
HEALTH SCORE

The Ultimate Beef Stew

 Very Healthy

READY IN



210 min.

SERVINGS



6

CALORIES



1414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 pounds beef chuck shoulder roast boneless cut into 2-inch pieces (this cut is also called chuck shoulder pot roast and chuck roast)
- 2.5 cups beef stock
- 1 loaf peasant bread sliced into 1/2-inch pieces
- 3 tablespoons butter
- 0.5 pound carrots peeled sliced
- 6 servings chives finely chopped
- 1 bottle cooking wine dry red (recommended: Burgundy)

- 2 cups flour all-purpose
- 1 leaf flat parsley fresh chopped for garnish
- 4 garlic cloves halved
- 6 garlic cloves smashed
- 0.3 teaspoon ground cloves
- 1 tablespoon horseradish prepared
- 9 small new potatoes scrubbed cut in 1/2
- 0.3 cup olive oil for frying extra-virgin plus more to drizzle
- 6 servings olive oil
- 6 servings olive oil extra-virgin
- 1 orange zest
- 6 servings parsley leaves chopped
- 2 cups pearl onions frozen
- 0.5 pound garden peas fresh
- 6 servings salt and pepper
- 6 servings sea salt and pepper black freshly ground
- 1 cup cup heavy whipping cream sour
- 8 thyme sprigs fresh
- 1 pound mushrooms white cut in 1/2

Equipment

- bowl
- frying pan
- sauce pan
- oven
- wooden spoon
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat a large heavy-bottomed saucepan or Dutch oven over medium-high heat with the oil and butter.
- While the pan is heating, arrange the flour on a large dish. Season the cubed beef with some salt and freshly ground black pepper and then toss in the flour to coat. Shake off the excess flour and add the beef chunks in a single layer to the hot pan, being careful not to over crowd the pan, you might have to work in batches. Thoroughly brown all of the cubes on all sides. Once all the meat has been browned remove it to a plate and reserve.
- Add the wine to the pan and bring up to a simmer while you scrape the bottom of the pan with a wooden spoon being sure to loosen up all those tasty bits. Once the wine has gotten hot add the browned meat, thyme, smashed garlic, orange zest strip, ground cloves, freshly ground black pepper and salt, to taste, bay leaves and beef stock. Bring the mixture up to a boil and then reduce the heat to a simmer and cook uncovered until the liquids start to thicken, about 15 to 20 minutes. Cover and cook on low heat for 2 1/2 hours.
- After 2 hours add halved potatoes, sliced carrots, pearl onions and mushrooms, along with a pinch of sugar to balance out the acid from the red wine. Turn the heat up slightly and simmer, uncovered, for 30 minutes more, until the vegetables and meat are tender.
- Add the frozen peas during the last minute of cooking. Season with salt and pepper and remove the thyme sprigs.
- To serve, place the stew in a soup bowl, garnish with parsley, drizzle with olive oil and add a dollop of Horseradish Sour Cream. Right before serving add a slice of Toasted Peasant Bread, half way submerged in the stew.
- Combine sour cream, prepared horseradish and a drizzle of olive oil in a small bowl and mix until thoroughly combined. Season with salt and pepper.
- Add a dollop of the mixture on top of the stew and garnish with chopped chives.
- Preheat the oven to 500 degrees F.
- Put a sheet pan in the oven so that it gets good and hot.
- Place the bread slices on the hot sheet pan.
- Drizzle the bread with the extra-virgin olive oil bake for 5 minutes, until the bread is nicely toasted. Rub the bread slices with the garlic cloves, and discard garlic.
- Sprinkle with parsley and serve.

Nutrition Facts



■ PROTEIN 16.83% ■ FAT 44.78% ■ CARBS 38.39%

Properties

Glycemic Index:116.43, Glycemic Load:68.16, Inflammation Score:-10, Nutrition Score:64.007826411206%

Flavonoids

Petunidin: 4.15mg, Petunidin: 4.15mg, Petunidin: 4.15mg, Petunidin: 4.15mg Delphinidin: 5.22mg, Delphinidin: 5.22mg, Delphinidin: 5.22mg, Delphinidin: 5.22mg Malvidin: 32.8mg, Malvidin: 32.8mg, Malvidin: 32.8mg, Malvidin: 32.8mg Peonidin: 2.31mg, Peonidin: 2.31mg, Peonidin: 2.31mg, Peonidin: 2.31mg Catechin: 9.63mg, Catechin: 9.63mg, Catechin: 9.63mg, Catechin: 9.63mg Epicatechin: 13.33mg, Epicatechin: 13.33mg, Epicatechin: 13.33mg, Epicatechin: 13.33mg Apigenin: 9.05mg, Apigenin: 9.05mg, Apigenin: 9.05mg, Apigenin: 9.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 17.55mg, Quercetin: 17.55mg, Quercetin: 17.55mg, Quercetin: 17.55mg

Nutrients (% of daily need)

Calories: 1413.92kcal (70.7%), Fat: 66.68g (102.59%), Saturated Fat: 20.25g (126.58%), Carbohydrates: 128.64g (42.88%), Net Carbohydrates: 115.01g (41.82%), Sugar: 18.19g (20.22%), Cholesterol: 141.99mg (47.33%), Sodium: 1162.75mg (50.55%), Alcohol: 13.13g (100%), Alcohol %: 1.76% (100%), Protein: 56.41g (112.82%), Vitamin A: 7512.37IU (150.25%), Selenium: 89.82µg (128.32%), Manganese: 2.32mg (115.77%), Vitamin K: 114.19µg (108.75%), Vitamin B3: 21.26mg (106.31%), Zinc: 14.64mg (97.58%), Vitamin B1: 1.24mg (82.78%), Vitamin B2: 1.31mg (77.19%), Phosphorus: 742.13mg (74.21%), Vitamin B12: 4.25µg (70.84%), Vitamin B6: 1.41mg (70.48%), Iron: 12.15mg (67.47%), Vitamin C: 55.07mg (66.75%), Folate: 264.91µg (66.23%), Potassium: 1930.62mg (55.16%), Fiber: 13.63g (54.51%), Copper: 0.86mg (42.88%), Vitamin B5: 3.87mg (38.66%), Magnesium: 153.79mg (38.45%), Vitamin E: 5.52mg (36.79%), Calcium: 301.83mg (30.18%), Vitamin D: 0.3µg (2.02%)