



 **55%**
HEALTH SCORE

The Ultimate Beef Stew

READY IN



450 min.

SERVINGS



6

CALORIES



847 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound baby carrots
- 2 bay leaves
- 2 pounds beef shoulder cut into 2-inch pieces
- 2.5 cups beef stock
- 1 teaspoon peppercorns whole black
- 6 servings bouquet garnic
- 6 slices bread
- 3 tablespoons butter
- 2 carrots cut into 1/4-inch slices

- 6 servings chives finely chopped
- 1 bottle cooking wine dry red (recommended: Burgundy)
- 1 leaf flat parsley fresh chopped
- 2 heads garlic cut in half horizontally
- 6 garlic cloves smashed
- 0.3 cup olive oil for frying extra-virgin plus more to drizzle
- 2 tablespoons olive oil
- 6 servings olive oil for frying
- 1 cranberry-orange relish cut in large strips
- 2 cups blanched and pearl onions red peeled
- 0.5 pound garden peas
- 6 servings serving suggestion: buttery potatoes with chives and warm croutons with garlic puree mashed
- 6 servings salt and pepper
- 6 servings sea salt and pepper black freshly ground
- 1 pinch sugar
- 1 sprig thyme leaves
- 8 thyme sprigs fresh
- 1 pound mushrooms white cut in half

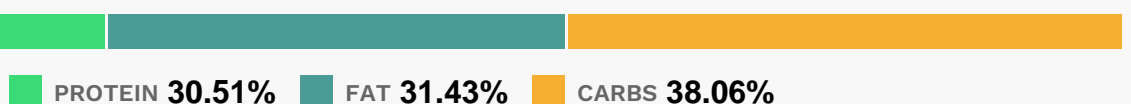
Equipment

- frying pan
- paper towels
- sauce pan
- oven
- pot
- wooden spoon
- aluminum foil

Directions

- To make the marinade, place the beef in a large glass or plastic container.
- Add 8 sprigs of thyme, carrots, garlic, red onions, orange peel, cloves, peppercorns, bay leaves, and the wine.
- Mix well to coat, then cover and refrigerate for 4 hours.
- Remove beef from the marinade and blot dry on paper towels.
- Heat the oil and butter and the remaining 4 sprigs thyme in a heavy-bottomed saucepan on a high heat. When the oil begins to smoke, remove the thyme.
- Add the beef and brown evenly on all sides. Season with salt and freshly ground black pepper. Strain the marinade into the beef and stir with a wooden spoon, scraping up the flavorful bits in the bottom of the pot.
- Add bouquet garni and beef stock. Bring to a simmer and cook, uncovered, until the liquid starts to thicken, about 15 to 20 minutes. Cover and cook on low heat for 2 hours.
- After about 2 hours add the baby carrots, garden peas, 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. Season with salt and pepper.
- Garnish with chopped parsley and chives. Squeeze some of the roasted garlic onto the Croutons, drizzle with extra-virgin olive oil and serve with the stew.
- Preheat oven to 350 degrees F.
- Put garlic on a sheet of aluminum foil.
- Drizzle with olive oil, and season with salt and freshly ground black pepper.
- Add a sprig of thyme and fold the foil around the garlic. Cook for 30 to 40 minutes or until garlic is tender and golden brown.
- Heat about 1/4-inch of the olive oil in a frying pan. When the oil is hot, add the bread in batches and fry until golden on both sides, about 1 minute per side.
- Remove from pan and dry on paper towels.

Nutrition Facts



Properties

Glycemic Index:124.36, Glycemic Load:32.93, Inflammation Score:-10, Nutrition Score:55.602608411208%

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 Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 18.19mg, Quercetin: 18.19mg, Quercetin: 18.19mg, Quercetin: 18.19mg

Nutrients (% of daily need)

Calories: 846.63kcal (42.33%), Fat: 26.69g (41.07%), Saturated Fat: 9.36g (58.51%), Carbohydrates: 72.7g (24.23%), Net Carbohydrates: 60.72g (22.08%), Sugar: 15.46g (17.18%), Cholesterol: 137.52mg (45.84%), Sodium: 736.88mg (32.04%), Alcohol: 13.13g (100%), Alcohol %: 1.89% (100%), Protein: 58.3g (116.61%), Vitamin A: 9351.07IU (187.02%), Vitamin B6: 2.05mg (102.55%), Selenium: 69.5µg (99.28%), Zinc: 14.39mg (95.95%), Vitamin C: 73.53mg (89.13%), Vitamin B12: 5.03µg (83.86%), Vitamin B3: 16.76mg (83.82%), Phosphorus: 705.8mg (70.58%), Manganese: 1.37mg (68.33%), Potassium: 2151.14mg (61.46%), Vitamin B2: 0.98mg (57.5%), Iron: 9.9mg (55.01%), Fiber: 11.98g (47.93%), Vitamin B1: 0.66mg (44.09%), Copper: 0.88mg (43.97%), Vitamin K: 41.39µg (39.42%), Magnesium: 138.92mg (34.73%), Folate: 138.91µg (34.73%), Vitamin B5: 3.43mg (34.25%), Calcium: 191.85mg (19.19%), Vitamin E: 2.04mg (13.61%), Vitamin D: 0.3µg (2.02%)