



Thermos Bottle Stew

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

335 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 8 ounce tomato sauce canned
- ☐ 16 ounce canned tomatoes crushed canned
- ☐ 2 stalks celery finely chopped
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 2 pound vegetables mixed frozen

- ☐ 1.5 pounds ground beef lean
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 6 servings salt and pepper to taste
- ☐ 9.8 cups water

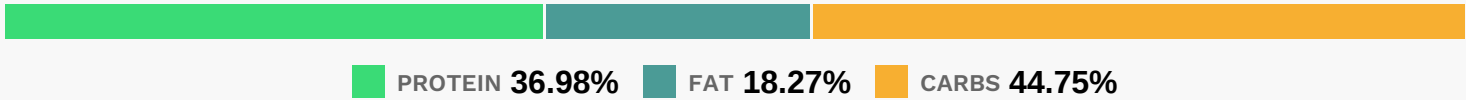
Equipment

- ☐ pot

Directions

- ☐ Using a large stock pot, brown your meat (breaking into small pieces as it cooks). Once meat is browned, add onions and celery, sauteing until soft.
- ☐ Add frozen vegetables, tomato soup, basil, parsley, oregano, bay leaves, salt and pepper, crushed tomatoes, tomato sauce and water. Simmer for one hour and then serve.
- ☐ Remove bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:38.08, Glycemic Load:11.86, Inflammation Score:-10, Nutrition Score:32.127826390059%

Flavonoids

Apigenin: 15.39mg, Apigenin: 15.39mg, Apigenin: 15.39mg, Apigenin: 15.39mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 334.9kcal (16.75%), Fat: 7.12g (10.95%), Saturated Fat: 2.85g (17.78%), Carbohydrates: 39.22g (13.07%), Net Carbohydrates: 29.45g (10.71%), Sugar: 10.21g (11.35%), Cholesterol: 70.31mg (23.44%), Sodium: 843.2mg (36.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.41g (64.81%), Vitamin A: 8281.65IU (165.63%), Vitamin B3: 10.01mg (50.06%), Zinc: 7.01mg (46.72%), Vitamin B12: 2.54µg (42.34%), Vitamin B6: 0.84mg (42.07%),

Vitamin C: 34.7mg (42.06%), Potassium: 1436.53mg (41.04%), Manganese: 0.79mg (39.69%), Fiber: 9.76g (39.05%), Phosphorus: 378.6mg (37.86%), Iron: 6.67mg (37.04%), Selenium: 22.81µg (32.59%), Vitamin K: 29.08µg (27.69%), Copper: 0.53mg (26.53%), Magnesium: 104.11mg (26.03%), Vitamin B2: 0.42mg (24.42%), Vitamin B1: 0.33mg (22.33%), Folate: 76.1µg (19.03%), Vitamin E: 2.18mg (14.55%), Vitamin B5: 1.38mg (13.79%), Calcium: 132.92mg (13.29%)