



Vegetable Beef Stew

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons beef bouillon granules
- 1.5 pounds top round beef roast cut into 1/2-inch cubes
- 2 tablespoons canola oil
- 3 small carrots cut into 1-inch chunks
- 3 rib celery stalks cut into 1-inch chunks
- 3 tablespoons flour all-purpose
- 1 medium onion diced
- 1 cup peas frozen

3 medium potatoes cubed peeled

4.3 cups water divided

Equipment

dutch oven

Directions

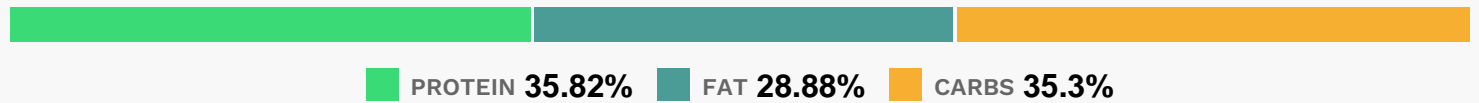
In a Dutch oven, brown beef on all sides in oil; drain.

Add 4 cups water, onion, celery, carrots, potatoes and bouillon. Bring to a boil. Reduce heat; cover and simmer for 25–30 minutes or until vegetables are tender.

Stir in peas. Bring to a boil.

Combine flour and remaining water until smooth; add to beef mixture. Cook and stir for 2 minutes or until thickened and bubbly.

Nutrition Facts



Properties

Glycemic Index:51.49, Glycemic Load:17.8, Inflammation Score:-10, Nutrition Score:26.322173761285%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 335.73kcal (16.79%), Fat: 10.67g (16.41%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 24.5g (8.91%), Sugar: 4.42g (4.91%), Cholesterol: 70.37mg (23.46%), Sodium: 498.1mg (21.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.77g (59.54%), Vitamin A: 4366.13IU (87.32%), Vitamin B6: 1.16mg (57.87%), Vitamin B3: 9.83mg (49.17%), Selenium: 34.02µg (48.59%), Vitamin C: 33.49mg (40.6%), Zinc: 5.46mg (36.43%), Phosphorus: 352.6mg (35.26%), Vitamin B12: 2.11µg (35.24%), Potassium: 1012.82mg (28.94%), Iron: 3.85mg (21.38%), Vitamin B1: 0.31mg (20.85%), Fiber: 4.84g (19.37%), Manganese: 0.37mg (18.49%), Vitamin B2: 0.29mg (17.04%), Magnesium: 67.94mg (16.99%), Copper: 0.32mg (16%), Folate: 63.3µg (15.82%), Vitamin K:

16.24µg (15.46%), Vitamin B5: 0.95mg (9.48%), Vitamin E: 1.37mg (9.14%), Calcium: 59.72mg (5.97%)