



Winter Vegetable Beef Stew

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

READY IN



135 min.

SERVINGS



15

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer bacon chopped
- 2 lb beef stew meat cut into 1-inch chunks
- 14 oz beef broth canned
- 14 oz canned tomatoes undrained canned
- 1 lb carrots sliced
- 0.5 lb mushrooms fresh sliced
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft
- 1 large onion chopped

- 1.5 lb potatoes red peeled cut into large chunks (5)

Equipment

- frying pan
- paper towels
- sauce pan
- ziploc bags
- slotted spoon

Directions

- Pour dressing over stew meat in resealable plastic bag. Seal bag; turn to evenly coat meat with dressing. Refrigerate 30 min. to marinate.
- Cook bacon in large saucepan on medium heat 5 min. or until crisp, stirring occasionally. Use slotted spoon to remove bacon from pan, reserving drippings in pan; drain bacon on paper towels.
- Add mushrooms and onions to reserved drippings; cook on medium-high heat 10 min. or until tender, stirring occasionally.
- Remove stew meat from marinade; add to saucepan with carrots, potatoes, tomatoes, broth and bacon. Discard bag and marinade.
- Bring stew to boil, stirring occasionally; cover. Simmer on low heat 1-1/2 hours or until beef is done and stew is thickened, stirring occasionally and uncovering for the last 15 min.

Nutrition Facts

  
 **PROTEIN 32.17%**  **FAT 39.5%**  **CARBS 28.33%**

Properties

Glycemic Index:9.59, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:17.505652217761%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 211.36kcal (10.57%), Fat: 9.3g (14.31%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 12.57g (4.57%), Sugar: 5.18g (5.75%), Cholesterol: 43.31mg (14.43%), Sodium: 372.34mg (16.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.1%), Vitamin A: 5119.56IU (102.39%), Vitamin B3: 6.36mg (31.81%), Vitamin B6: 0.61mg (30.74%), Selenium: 20.81µg (29.73%), Phosphorus: 210.53mg (21.05%), Zinc: 3.02mg (20.12%), Vitamin B12: 1.19µg (19.79%), Potassium: 691.17mg (19.75%), Vitamin K: 14.06µg (13.39%), Vitamin B2: 0.22mg (12.84%), Iron: 2.22mg (12.33%), Copper: 0.24mg (12%), Vitamin B1: 0.18mg (11.79%), Vitamin C: 9.22mg (11.18%), Fiber: 2.44g (9.77%), Manganese: 0.19mg (9.57%), Magnesium: 37.95mg (9.49%), Vitamin B5: 0.84mg (8.39%), Folate: 30.21µg (7.55%), Vitamin E: 1.01mg (6.77%), Calcium: 41.31mg (4.13%)