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Healthy Beef Vegetable Quinoa Stew

This healthy beef vegetable quinoa stew is a hearty and nutritious dish that combines lean beef, a variety of vegetables, and protein-rich quinoa. It is packed with vitamins, minerals, and fiber, making it an excellent choice for a balanced meal. The stew is easy to prepare and can be enjoyed as a main course for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	lean beef
200 g	Quinoa
200 g	Carrots
150 g	celery

150 g	onion
3 cloves	garlic
400 g	Tomatoes
500 ml	beef broth
2 pieces	Bay Leaves
2 tsp	Thyme
1 tsp	Salt
1 tsp	Black pepper
2 tbsp	Olive oil

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add the beef and cook until browned on all sides.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Stove

Add the onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stove

Add the carrots, celery, tomatoes, beef broth, bay leaves, thyme, salt, and black pepper.
Bring to a boil.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Stove

Reduce heat to low, cover, and simmer for 45 minutes.

Prep Time: 0 mins

Cook Time: 45 mins

Step 6

Stove

Add the quinoa and cook for an additional 15 minutes, or until the quinoa is tender.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Remove the bay leaves and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Snacks

Sauces & Dressings

Salads

Soups

Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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