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Beef Stew ••

A hearty beef stew made with tender chunks of beef, vegetables, and savory broth. Perfect for cold winter nights.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 120 mins

Total Time: 140 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Beef
200 g	Carrots
200 g	potatoes
100 g	onion
1000 ml	beef broth
50 g	flour

10 g	salt
5 g	pepper
5 g	thyme
2 pieces	bay leaves

Directions

Step 1

Stove

Heat oil in a large pot over medium heat. Add beef and cook until browned.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Stove

Add onions and cook until translucent. Add flour and cook for 1 minute.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Add carrots, potatoes, beef broth, salt, pepper, thyme, and bay leaves. Bring to a boil, then reduce heat and simmer for 2 hours.

Prep Time: 5 mins

Cook Time: 120 mins

Step 4

Remove bay leaves before serving. Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	5 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	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	25 iu	2.78%	3.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	25 mg	0.74%	0.96%
Zinc	20 mg	181.82%	250%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Winter Fall

Events

Christmas

Thanksgiving

New Year

Graduation

Barbecue

Picnic

Meal Type

Breakfast

Lunch

Dinner

Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

Difficulty Level

Easy

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