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Murphy's Combination ♦

Murphy's Combination is a hearty and delicious recipe that combines various ingredients to create a flavorful dish. It is a non-vegetarian recipe that is perfect for meat lovers. The recipe has a rich history and is often enjoyed as a main course during family gatherings and special occasions.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 60 mins

Total Time: 90 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	potatoes
500 g	Beef
200 g	Onions
200 g	Carrots
150 g	Peas

4 cloves	garlic
50 g	butter
2 tsp	salt
1 tsp	black pepper
1 tsp	paprika

Directions

Step 1

Cut

Peel and chop the potatoes, onions, carrots, and garlic cloves.

Prep Time: 15 mins

Cook Time: 0 mins

Step 2

Stove

In a large pot, melt the butter over medium heat. Add the onions and garlic and cook until they are softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Add the beef to the pot and cook until browned. Season with salt, black pepper, and paprika.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Stove

Add the chopped potatoes, carrots, and peas to the pot. Stir well to combine all the ingredients.

Prep Time: 5 mins

Cook Time: 20 mins

Step 5

Simmering

Cover the pot and let the mixture simmer for 30 minutes or until the vegetables are tender.

Prep Time: 0 mins

Cook Time: 30 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	6 g	15.79%	24%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	35 mcg	1458.33%	1458.33%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	900 mg	26.47%	34.62%
Zinc	20 mg	181.82%	250%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Christmas

Picnic

Meal Type

Lunch

Dinner

Snack

Cuisines

Italian

Chinese

Mexican

American

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Difficulty Level

Medium

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