

Farmers Beef Stew (Gluten Free*)



A midwestern hearty beef and vegetable stew enrobed in a thick rich beef gravy.

Yield	5-1/2 lbs. (88 oz) (8.8 oz each)
Serves	10
Preparation time	15 minutes
Cooking time	2-1/2 hours

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	oz	1/4 cup		Vegetable oil	
8	oz	2 cups		Onions	red, baby, split in half
8	oz	1-1/2 cups		Carrots	baby
4	oz	1 cup		Celery	large diced
24	oz			Beef chuck, pot roast	trimmed, large diced
32	oz	4 cups		Water	hot
1	oz	1 tbsp		Minor's® Gluten Free Beef Base made with Natural Ingredients (6x1lb)	
1/2	oz	1/2 tsp		Garlic powder	
16	oz			Potatoes	redskin, quartered

Preparation Steps

1. In a large pot over medium high heat, add oil and sauté onions, carrots and celery. Remove and reserve.
2. Sear beef in pot with hot oil until each piece is well browned.
3. Combine water and Beef Base, mixing well. Add to pot with beef. Add sautéed vegetable and garlic powder to the pot.
4. Tightly cover with lid and cook 350°F in a conventional oven for approximately 2 hours. After 2 hours add potatoes. Cook for approximately 30 more minutes or until both the meat and potatoes are tender.

Chef's tip

Serve with leaves of parsley.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	280
Energy (Kj)	1171.4
Protein (g)	14.8
Carbohydrate, total (g)	13.3
Fats, total (g)	18.5
Sugars, total (g)	3
Fats, saturated (g)	5.8
Fiber, total dietary (g)	2.4
Sodium (mg)	379.2
Calcium (mg)	36.2
Cholesterol (mg)	62.6
Iron (mg)	1.6
Fats, monounsaturated (g)	8.4

Fats, polyunsaturated (g)	2.3
Vitamin A (µg_RAE)	193.8
Vitamin C (mg)	12.1
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.