

# Beef Stew with Root Vegetables

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## Servings: 6

2 pounds beef chuck, cut into two-inch pieces  
1 teaspoon salt  
1/4 plus 1/8 teaspoon black pepper  
1 large onion, chopped  
2 cloves garlic, chopped  
1/2 pound baby carrots  
2 (about 3/4 pound) parsnips, peeled and cut into two-inch pieces  
2 (about 1/2 pound) turnips, peeled and cut into one-inch pieces  
1 pound small multicolor potatoes (about one-inch diameter)  
1/2 teaspoon dried thyme  
2 1/2 cups unsalted beef broth  
3 tablespoons cornstarch  
2 tablespoons water

## Preparation Time: 25 minutes

## Cook Time: 5 hours

Coat a slow cooker bowl with nonstick cooking spray.

Season the beef with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. Place in the bottom of the slow cooker.

Scatter the onion, garlic, carrots, parsnips, turnips, potatoes and thyme over the beef, in that order. Pour the broth over the top.

Cover and cook on HIGH for 5 hours or LOW for 7 hours. Drain the liquid from the slow cooker into a small saucepan and bring to a simmer.

In a small bowl, combine the cornstarch with the water and stir until combined. Slowly stir into the saucepan and simmer for 1 minute or until thickened. Season with the remaining 1/2 teaspoon of salt and 1/8 teaspoon of pepper. Stir the liquid back into the slow cooker and serve.

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Per Serving (excluding unknown items): 422 Calories; 24g Fat (51.7% calories from fat); 26g Protein; 25g Carbohydrate; 6g Dietary Fiber; 87mg Cholesterol; 481mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

|                                |           |
|--------------------------------|-----------|
| % Calories from Fat:           | 51.7%     |
| % Calories from Carbohydrates: | 23.8%     |
| % Calories from Protein:       | 24.5%     |
| Total Fat (g):                 | 24g       |
| Saturated Fat (g):             | 10g       |
| Monounsaturated Fat (g):       | 10g       |
| Polyunsaturated Fat (g):       | 1g        |
| Cholesterol (mg):              | 87mg      |
| Carbohydrate (g):              | 25g       |
| Dietary Fiber (g):             | 6g        |
| Protein (g):                   | 26g       |
| Sodium (mg):                   | 481mg     |
| Potassium (mg):                | 900mg     |
| Calcium (mg):                  | 69mg      |
| Iron (mg):                     | 4mg       |
| Zinc (mg):                     | 6mg       |
| Vitamin C (mg):                | 26mg      |
| Vitamin A (i.u.):              | 5684IU    |
| Vitamin A (r.e.):              | 568 1/2RE |

|                     |        |
|---------------------|--------|
| Vitamin B12 (mcg):  | 3.9mcg |
| Thiamin B1 (mg):    | .2mg   |
| Riboflavin B2 (mg): | .3mg   |
| Folacin (mcg):      | 82mcg  |
| Niacin (mg):        | 5mg    |
| Caffeine (mg):      | 0mg    |
| Alcohol (kcal):     | 0      |
| % Refuse:           | 0.00%  |

## Food Exchanges

|                      |       |
|----------------------|-------|
| Grain (Starch):      | 1     |
| Lean Meat:           | 3 1/2 |
| Vegetable:           | 1 1/2 |
| Fruit:               | 0     |
| Non-Fat Milk:        | 0     |
| Fat:                 | 2 1/2 |
| Other Carbohydrates: | 0     |

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 422 Calories from Fat: 218

|                            |       | % Daily Values* |
|----------------------------|-------|-----------------|
| <b>Total Fat</b>           | 24g   | 37%             |
| Saturated Fat              | 10g   | 48%             |
| <b>Cholesterol</b>         | 87mg  | 29%             |
| <b>Sodium</b>              | 481mg | 20%             |
| <b>Total Carbohydrates</b> | 25g   | 8%              |
| Dietary Fiber              | 6g    | 22%             |
| <b>Protein</b>             | 26g   |                 |
| <b>Vitamin A</b>           |       | 114%            |
| <b>Vitamin C</b>           |       | 44%             |
| <b>Calcium</b>             |       | 7%              |
| <b>Iron</b>                |       | 21%             |

\* Percent Daily Values are based on a 2000 calorie diet.