

Braised Beef Stew (Whole30, Paleo, Low Carb)

Yield: 4 min
Total Time: 260 min

Recipe from: <https://www.recipeschoose.com/recipes/braised-beef-stew-with-vietnamese-flavors-recipe>

Ingredients:

- 2 pounds chuck roast excessive fat deposits trimmed, cut into 2" pieces
- 1 tablespoon avocado oil or olive oil
- 1 sweet onion large, diced to ½"
- 1 leek large, halved and sliced into ½" moons
- 4 cloves garlic minced
- 2 tablespoons tomato paste
- 2 tablespoons balsamic vinegar
- 1 quart beef stock divided
- 1 teaspoon kosher salt or sea
- 1 teaspoon cracked black pepper
- 12 ounces Yukon Gold potatoes chopped into 2" chunks
- 3 large carrots skins peeled, cut into ½" coins
- 3 stalks celery cut into ½" coins
- 1 bay leaf
- 2 sprigs fresh thyme bundled with kitchen twine
- 1 tablespoon arrowroot powder

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 150 milligrams
4. Fat: 44 grams
5. Fiber: 6 grams
6. Protein: 53 grams
7. SaturatedFat: 16 grams
8. Sodium: 1350 milligrams
9. Sugar: 13 grams

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