

Tomato-less Rustic Beef Stew

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/dales-southern-grill-carrot-souffle-recipe>

Ingredients:

- 1 cup flour
- 1/2 cup Dales or my recipe, plus salt to taste if you use mine
- 1 tablespoon thyme can use Italian seasoning instead
- 1 teaspoon black pepper
- 32 ounces beef broth
- 2 pounds stew meat
- 6 medium potatoes unpeeled and chopped
- 4 large carrots
- 1 1/2 cups pearl onions frozen, or 1 large onion, chopped

Nutrition:

1. Calories: 1090 calories
2. Carbohydrate: 90 grams
3. Cholesterol: 170 milligrams
4. Fat: 55 grams
5. Fiber: 10 grams
6. Protein: 52 grams
7. SaturatedFat: 23 grams
8. Sodium: 950 milligrams
9. Sugar: 10 grams

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