

Beef Stew

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-stew-recipes>

Ingredients:

- 2 pounds beef cubed
- 3 carrots medium, chopped
- 1 1/2 cups celery ribs chopped
- 3 potatoes medium, cubed
- 1 1/2 teaspoons paprika
- 1/4 teaspoon ground cloves
- 2 pieces bay leaves dried or fresh
- 1 tablespoon cornstarch diluted in 2 tbsp water
- 1 teaspoon garlic minced
- 1 onion medium, chopped
- 2 cups beef broth
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons cooking oil

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 105 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 33 grams
7. SaturatedFat: 9 grams
8. Sodium: 1000 milligrams
9. Sugar: 4 grams
10. TransFat: 1.5 grams

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