

Spezzatino – Italian Beef Stew

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-spezzato-recipe>

Ingredients:

- 1 white onion small
- 1 small carrot
- 1/2 celery stalk
- 3 tablespoons extra virgin olive oil
- 1 pound beef chuck or any other stew meat, cut into 1-inch cubes
- 1/8 cup all-purpose flour
- 1/4 cup white wine
- 2 cups beef stock
- 1 rosemary spring
- 2 sage leaves
- 1 bay leaf
- 1/2 teaspoon black peppercorns partially crushed
- salt to taste
- 2 potatoes around 10 oz in total

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 75 milligrams
4. Fat: 31 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 10 grams
8. Sodium: 520 milligrams
9. Sugar: 4 grams

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