

Veal Stew

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-veal-stew>

Ingredients:

- 1 pound veal stew meat
- 1/2 cup flour
- 3 tablespoons olive oil
- 1 yellow onion large, diced
- 4 cloves garlic minced
- 3/4 cup carrots chopped
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried sage
- 1/2 cup white wine
- 1/2 cup chicken broth
- 28 ounces plum tomatoes whole, drained
- 1 orange
- chopped fresh sage optional
- salt
- freshly ground pepper

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 36 grams
3. Fat: 11 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 230 milligrams
8. Sugar: 8 grams

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