

# Beef Stew with Wine

Yield: 6 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-style-jamaican-stew-peas-recipe>

## Ingredients:

- 2 1/2 pounds beef cheek or stew meat, cubed
- 2 1/2 tablespoons unsalted butter
- 2 1/2 tablespoons flour
- 3 1/2 ounces red wine
- 3 cups beef stock
- 2 onions medium, diced
- 2 cloves garlic minced
- 2 carrots peeled and chopped
- 1 cup peas
- 4 celery ribs diced
- 3 yukon gold potatoes diced
- 1 bunch thyme picked, stems discarded
- salt
- pepper

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 140 milligrams
4. Fat: 33 grams
5. Fiber: 7 grams
6. Protein: 44 grams
7. SaturatedFat: 14 grams
8. Sodium: 530 milligrams
9. Sugar: 6 grams
10. TransFat: 2 grams

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