

Beef Stew with Turnips and Greens

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-turnip-greens-recipe>

Ingredients:

- 1/4 cup olive oil
- 2 yellow onions finely chopped
- 2 ounces bacon or pancetta, finely diced
- 3 pounds chuck roast or sirloin tip, cut into 1- to 1 1/2-inch cubes
- 1/4 cup all purpose flour
- 4 garlic cloves minced
- 6 fresh flat leaf parsley
- 2 thyme sprigs
- 2 bay leaves
- 1 1/2 cups dry red wine
- 3 cups beef broth
- 1 tablespoon tomato paste
- 1 bunch turnips
- 1/2 inch leaves
- freshly ground pepper
- salt

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 155 milligrams
4. Fat: 54 grams
5. Fiber: 3 grams
6. Protein: 47 grams
7. SaturatedFat: 19 grams
8. Sodium: 810 milligrams
9. Sugar: 5 grams

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