

New Year's Beef Stew

Yield: 3 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/new-year-s-beef-recipe>

Ingredients:

- 1 tablespoon grass-fed butter ghee or tallow
- 1/2 red onion large, chopped
- 3 cloves garlic minced
- 1 pound beef stew meat grass-fed
- 3 large carrots chopped into 1/2? pieces
- 2 parsnips small, chopped into 1/2? pieces
- 3 Roma tomatoes chopped
- 1/2 head green cabbage chopped
- 1/2 cup bone broth chicken, preferably homemade
- 1 tablespoon apple cider vinegar
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon sea salt
- black pepper to taste
- 1 pinch cayenne pepper

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 120 milligrams
4. Fat: 40 grams
5. Fiber: 11 grams
6. Protein: 31 grams
7. SaturatedFat: 18 grams
8. Sodium: 680 milligrams
9. Sugar: 10 grams

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