

Italian Beef Stew

Yield: 8 min
Total Time: 85 min

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

Ingredients:

- 3 tablespoons olive oil divided
- 1 1/2 cups chopped onion about 1 medium onion
- 1/2 cup carrot chopped
- 1 tablespoon minced garlic
- 1/4 cup all purpose flour
- 1/2 teaspoon ground black pepper freshly
- 1/2 teaspoon kosher salt plus more for seasoning the stew at the end if necessary
- 1 3/4 pounds beef stew meat cubed
- 1 tablespoon red wine vinegar
- 1 cup dry red wine
- 30 ounces Italian tomatoes diced, undrained, unsalted if desired—it's not the worst idea because a lot of salt is going into this reci...
- 1 1/2 cups beef broth
- 1 1/2 teaspoons beef base
- 1/2 cup water
- 2 teaspoons fresh oregano chopped
- 2 teaspoons chopped fresh thyme
- 1 bay leaf
- 9 ounces cremini or sliced baby portabella, mushrooms
- 3/4 cup carrots sliced
- 2 tablespoons fresh basil chopped
- 1 tablespoon fresh parsley chopped

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 15 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 4 grams

6. SaturatedFat: 0.5 grams
 7. Sodium: 320 milligrams
 8. Sugar: 6 grams
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