

Spicy Beef Stew

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Servings: 4

4 tablespoons olive oil
24 ounces beef tenderloin, cut into one-inch cubes
1/4 teaspoon salt
1/4 teaspoon black pepper
6 large shallots, sliced
1 pound baby carrots
4 teaspoons ground cumin
2 teaspoons pumpkin pie spice
1/4 teaspoon cayenne
2 tablespoons flour
5 cups low-sodium beef broth
1/3 cup chopped mint

Preparation Time: 30 minutes

In a large nonstick skillet over high heat, heat two tablespoons of the oil. Sprinkle the beef with salt and pepper. Add to the skillet and saute' until cooked to the desired doneness, about 2 minutes for medium-rare.

Transfer the beef to a bowl. Add the remaining oil to the skillet. Add the shallots and carrots. Saute' until starting to soften, about 3 minutes. Add all of the spices and stir for 30 seconds.

Add the flour and stir for 30 seconds. Stir in the broth and bring to a boil. Reduce the heat to medium. Simmer until the carrots are just tender.

Return the beef to the skillet. Cook until the sauce thickens slightly, about 1 minute. Sprinkle with the mint.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 680 Calories; 54g Fat (71.3% calories from fat); 32g Protein; 16g Carbohydrate; 3g Dietary Fiber; 121mg Cholesterol; 260mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 8 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	680	Vitamin B6 (mg):	.7mg
% Calories from Fat:	71.3%	Vitamin B12 (mcg):	4.3mcg
% Calories from Carbohydrates:	9.6%	Thiamin B1 (mg):	.2mg

% Calories from Protein:	19.0%
Total Fat (g):	54g
Saturated Fat (g):	18g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	121mg
Carbohydrate (g):	16g
Dietary Fiber (g):	3g
Protein (g):	32g
Sodium (mg):	260mg
Potassium (mg):	919mg
Calcium (mg):	71mg
Iron (mg):	7mg
Zinc (mg):	5mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	18983IU
Vitamin A (r.e.):	1898 1/2RE

Riboflavin B2 (mg):	.4mg
Folacin (mcg):	55mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	4
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	8
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	680	Calories from Fat: 485
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% Daily Values*

Total Fat	54g	83%
Saturated Fat	18g	89%
Cholesterol	121mg	40%
Sodium	260mg	11%
Total Carbohydrates	16g	5%
Dietary Fiber	3g	10%
Protein	32g	

Vitamin A	380%
Vitamin C	19%
Calcium	7%
Iron	37%

* Percent Daily Values are based on a 2000 calorie diet.