



Dr. Laleh's Hearty Beef Stew

Ingredients

Amount

Lean Grass fed Beef Stew meat	1 lbs
Organic Carrots	2 Large- Sliced thin
Organic Red onion	1 medium (Sliced thin)
Fresh garlic	4 coves (Sliced thin)
Baby Bella mushrooms	1 C (Sliced thin)
Organic Yellow Potatoes	2 large (cubed)
Organic Red beets	1 large (cubed)
Black pepper	½ tsp (or to taste as tolerated)
Coriander powder	1 tsp
Organic Bone Broth	1 Carton (~4-6 cups)
Turmeric	1 tsp
Paprika	1 tsp
Lea & Perrins Worcester Sauce	1 TBS
Extra Virgin Olive Oil	1 TBS

Preparation:

- Preheat a large pot on the stove.
- Add oil, sautee sliced onions and garlic until golden but not burned or browned.
- Add Beef Stew meat and mix well, cover for 5 minutes.
- Add Worcester sauce and all spices and mix well. Add 1 C Bone Broth and cover.
- Lower temperature and cook on low to medium for 15 minutes.
- Add sliced carrots, beets, and mushrooms and the rest of the bone broth, cover and slow cook for 10-15 minutes.
- Add cubed potatoes, add water if needed.
- Cover, lower temperature to low/ simmer and slow cook for 45-60 minutes.

Nutrition Facts

Servings 6.0	
Amount Per Serving	
calories 224	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 57 mg	19 %
Sodium 214 mg	9 %
Potassium 500 mg	14 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 3 g	14 %
Sugars 4 g	
Protein 26 g	52 %
Vitamin A	41 %
Vitamin C	17 %
Calcium	3 %
Iron	6 %

Nutrition Facts

Servings 4.0	
Amount Per Serving	
calories 127	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 4 mg	1 %
Sodium 302 mg	13 %
Potassium 136 mg	4 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 8 g	34 %

Sugars 7 g	
Protein 6 g	13 %
Vitamin A	99 %
Vitamin C	24 %
Calcium	10 %
Iron	12 %