

# Beef & Mushroom Stew

10 ingredients · 3 hours · 4 servings



## Directions

1. Season the beef all over with half of the salt. Heat the oil in a pot over medium-high heat. Once hot, add the beef and sear on all sides, until browned, about three minutes per side.
2. Add the onion and mushrooms and sauté for about five minutes. Add the garlic and rosemary and cook for two to three minutes.
3. Add the broth, stir, and bring to a simmer. Turn down the heat to low. Cover the pot with a lid and simmer for about two hours.
4. Uncover the pot, add the coconut milk and remaining salt. Stir and simmer uncovered over low heat for another 30 minutes or until the beef is tender and cooked through.
5. Adjust the seasoning to your taste. Top with cilantro and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### More Flavor

Add celery.

### Stew Consistency

Check the stew two to three times during cooking and add more broth or water if necessary.

## Ingredients

- 605 grams** Stewing Beef (cubed)
- 6 grams** Sea Salt (divided)
- 7 milliliters** Extra Virgin Olive Oil
- 1/2** Yellow Onion (large, diced)
- 384 grams** Mushrooms (sliced)
- 4** Garlic (clove, minced)
- 3 grams** Rosemary (fresh)
- 710 milliliters** Bone Broth
- 162 milliliters** Canned Coconut Milk (full fat)
- 2 grams** Cilantro (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	404	Vitamin D	13IU
<b>Fat</b>	22g	Vitamin E	1mg
<b>Carbs</b>	10g	Vitamin K	5µg
Fiber	2g	Thiamine	0.2mg
Sugar	4g	Riboflavin	0.6mg
<b>Protein</b>	43g	Niacin	11mg
Cholesterol	122mg	Vitamin B6	1.0mg
Sodium	1018mg	Folate	22µg
Potassium	968mg	Vitamin B12	3.5µg
Vitamin A	629IU	Phosphorous	415mg
Vitamin C	8mg	Magnesium	42mg

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Calcium	68mg	Zinc	9mg
Iron	5mg	Selenium	45µg