GREEK · DINNER

Beef Stifado (Greek Beef and Shallot Stew)

150 min · Serves 6 · 634 kcal a serve · Video 5:11 · Dimitra's Dishes

Gluten-free ingredients · No dairy listed · No nuts listed

A slow-cooked beef stew with tomatoes and a whole pile of shallots: one serve gives about 40 g of protein and is rich in zinc, vitamin B12 and iron, with only a pinch of added sugar.

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Ingredients 17 · SERVES 6

- [ ] 2¼ lb **beef chuck**, cut into 3–4 inch pieces
- [ ] 24 **shallots**, peeled and left whole
- [ ] 1/2 cup **olive oil** (or less)
- [ ] 4–6 **garlic** cloves, grated
- [ ] **Balsamic vinegar**: 2 tbsp balsamic or red wine vinegar
- [ ] 1 × 28 oz can **crushed tomatoes**
- [ ] 1 tbsp **tomato paste**
- [ ] 1 tsp **dried oregano**
- [ ] 1/2 tsp **sugar** (or more)
- [ ] 2 **bay leaves**
- [ ] 4–6 **black peppercorns**, plus freshly ground pepper to taste
- [ ] 1 **cinnamon** stick
- [ ] 2–3 **whole cloves**
- [ ] 1½ tsp **salt**
- [ ] 1½ cups **water**
- [ ] a pinch of **red pepper flakes**
- [ ] chopped **fresh parsley**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the olive oil in a large pot over medium heat and cook the whole peeled shallots for about 10 minutes until golden and soft. Lift them out and set aside. 0:57
2. Brown the beef in the same pot, in two batches if the pot is not wide, about 5–6 minutes per side. Return all the beef to the pot. 1:42
3. Push the meat aside and cook the tomato paste and grated garlic for a few seconds until fragrant. 2:09
4. Add the vinegar, crushed tomatoes, salt, pepper, oregano, sugar, bay leaves, peppercorns, cinnamon stick, cloves, water and chilli flakes. Bring to the boil, then cover and simmer on low for 1 hour 15 minutes. 2:29
5. Taste for salt, then nestle the shallots into the stew without stirring (just shake the pot). Cover and simmer on very low for 30 minutes more. Scatter with parsley to serve. 3:44

> **Tip** Dimitra serves it with rice, crusty bread or mashed potatoes and a salad. It keeps 3–4 days in the fridge and freezes well. You can use less oil if you prefer.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
634 kcal	**40 g**	**22 g**
2,650 kJ	81% of a day	17 g net · 11 g sugars
		8% of a day

FIBRE	FAT	SODIUM
4.7 g	**43 g**	**820 mg**
17% of a day	12 g saturated	36% of a day
	55% of a day	

Energy from net carbs 11% · protein 26% · fat 63% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 113% · Zinc 84% · Selenium 66% · Vitamin B6 38% · Vitamin E 33% · Iron 30% · Vitamin C 25% · Vitamin K 25% · Omega-3 24%

Source of (10–19%) Potassium 19% · Magnesium 14% · Folate 12%

Recipe and video: Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=OSFaRCGmPBY, published 21 October 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/greek-beef-stifado-shallots