

# Veal Stew With Vegetables (Paleo & Gluten-Free)



This veal stew with vegetables is a comforting dish built around slow cooking and simple ingredients. The veal becomes tender over time, while the vegetables absorb the flavor of the broth, creating a rich and well-rounded result.

It is a practical option for colder days or for situations where you want to prepare something in advance and let it cook gently while you focus on other tasks. Because it is adapted to a paleo and gluten-free approach, it can also fit into a more controlled and structured eating plan.

The combination of meat and vegetables makes it a complete dish on its own, without the need for additional sides.

## Why this recipe works

Slow-cooked stews are useful when you want consistency and depth of flavor without relying on complex techniques. This recipe builds gradually, allowing each ingredient to contribute to the final result.

It also works well for batch cooking, since it can be stored and reheated while maintaining its texture and taste.

## Preparation

Start by cutting the veal into even pieces so it cooks consistently. Brown the meat first to develop flavor before adding the rest of the ingredients.

Prepare the vegetables by cutting them into medium-sized pieces. Add them to the pot along with the veal and enough liquid to cover the base.

Let the stew cook slowly over low heat. The goal is to allow the meat to soften and the flavors to integrate rather than rushing the process.

Stir occasionally and adjust seasoning as needed. Once the veal is tender and the vegetables are fully cooked, the stew is ready to serve.

For best results, let it rest briefly before serving. This helps the flavors settle and gives the dish a more cohesive finish.

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HEALTHY RECIPE

# VEAL STEW WITH VEGETABLES

## PALEO & GLUTEN-FREE

A comforting and nourishing stew made with tender veal, nutrient-rich vegetables and warm herbs. Perfect for a wholesome family meal.



GLUTEN FREE



DAIRY FREE



GRAIN FREE



HIGH IN PROTEIN



NUTRIENT DENSE



FAMILY FRIENDLY

### INGREDIENTS

Serves 4

#### FOR THE STEW:



• 1 ½ lbs (700 g) veal, cut into 1-inch (2–3 cm) cubes



• 2 tbsp olive oil



• 1 large onion, chopped



• 2 garlic cloves, minced



• 3 medium carrots, sliced



• 2 celery stalks, chopped



• 2 medium potatoes, cubed



• 1 zucchini, chopped



• 1 cup (240 ml) crushed tomatoes



• 2 cups (480 ml) beef or bone broth



• 1 bay leaf



• 1 tsp dried thyme (or 1 tbsp fresh)



• 1 tsp dried rosemary (or 1 tbsp fresh)



• Salt and black pepper to taste

### HOW TO MAKE

1



**Prepare the veal:** Pat the veal cubes dry and season with salt and black pepper.

2



**Sear the meat:** Heat olive oil in a large pot or Dutch oven over medium-high heat. Add the veal in batches and sear until browned on all sides. Remove and set aside.

3



**Sauté the aromatics:** In the same pot, add the onion and cook for 3–4 minutes until soft. Add the garlic and cook for 1 more minute.

4



**Add the vegetables:** Add carrots and celery. Sauté for 5 minutes.

5



**Build the stew:** Add the potatoes, zucchini, crushed tomatoes, broth, bay leaf, thyme and rosemary. Stir well.

6



**Simmer:** Return the veal (and any juices) to the pot. Bring to a boil, then reduce heat to low, cover and simmer for 1 hour to 1 hour 15 minutes, or until the veal is tender and the vegetables are cooked.

7



**Season to taste:** Remove the bay leaf. Adjust salt and pepper if needed.

8



**Serve:** Ladle the stew into bowls and enjoy warm. Garnish with fresh parsley if desired.

### TIPS & VARIATIONS



For deeper flavor, sear the veal until well browned.



Add leafy greens like spinach or kale in the last 5 minutes of cooking.



For a touch of heat, add a pinch of red pepper flakes.



This stew tastes even better the next day!

### NUTRITION FACTS

(per serving, approx.)

Calories	380 kcal
Protein	31 g
Fat	18 g
Carbohydrates (net)	20 g
Fiber	4 g

\*Values are approximate and may vary depending on ingredients used.

### WHY YOU'LL LOVE IT



Rich in protein and nutrients



Made with whole, real ingredients



Gluten-free, grain-free and dairy-free



Comforting, wholesome and delicious

### PERFECT FOR

- Paleo lifestyle
- Gluten-free diet
- Meal prep
- Healthy family dinners
- Cold weather comfort food



This veal stew with vegetables is a hearty, nutrient-dense meal that nourishes your body and satisfies your soul.



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