



## Aaron McCargo, Jr.'s Steak Fajita Chili

 Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds beef short ribs boneless
- 15 ounce .5 can cannellini beans drained and rinsed canned
- 1.3 cups canola oil
- 2 tablespoons chili powder hot
- 0.8 cup flour all-purpose
- 1.5 tablespoons ground cumin
- 6 servings guacamole sour for garnish
- 6 servings kosher salt and pepper freshly ground

- 10 cups beef broth low-sodium
- 1 small onion diced finely
- 1.5 tablespoons oregano fresh chopped
- 1 bell pepper green red chopped

## Equipment

- bowl
- ladle
- whisk
- pot
- dutch oven
- cutting board

## Directions

- Heat 1/4 cup canola oil in a large soup pot or Dutch oven over medium-high heat. Season the short ribs with salt and pepper and sear until golden brown, 3 to 4 minutes per side.
- Transfer the meat to another large pot (set the first pot aside) and add the broth. Cover and cook until tender, about 1 hour 30 minutes.
- Meanwhile, heat the remaining 1 cup oil in the reserved pot over medium heat.
- Add the onion, bell pepper, cumin, chili powder, oregano, flour, 1 tablespoon pepper, and salt to taste. Cook, stirring, until the flour is smooth, 3 to 4 minutes.
- Remove from the heat and set aside until the meat is done.
- Transfer the short ribs to a cutting board; cover the broth and set aside.
- Let the meat cool slightly, then cut into chunks.
- Place the pot with the vegetables over medium-high heat. Slowly add the warm broth and whisk until smooth. Stir in the chopped short ribs and the beans, bring to a simmer and cook until thickened, about 15 minutes. Ladle into bowls and garnish with guacamole, sour cream, cheese and fried tortilla strips, for a little extra crunch.
- Photograph by Kate Mathis

## Nutrition Facts

PROTEIN 32.19% FAT 43.72% CARBS 24.09%

## Properties

Glycemic Index:25.5, Glycemic Load:12.57, Inflammation Score:-9, Nutrition Score:28.770000063855%

## Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 536.13kcal (26.81%), Fat: 26.13g (40.2%), Saturated Fat: 7.44g (46.48%), Carbohydrates: 32.38g (10.79%), Net Carbohydrates: 26.4g (9.6%), Sugar: 1.5g (1.66%), Cholesterol: 89.21mg (29.74%), Sodium: 1080.44mg (46.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.28g (86.56%), Vitamin B12: 5.13µg (85.43%), Zinc: 8.4mg (55.98%), Potassium: 1824.61mg (52.13%), Iron: 8.12mg (45.11%), Selenium: 28.94µg (41.34%), Phosphorus: 393.33mg (39.33%), Vitamin B6: 0.78mg (39.18%), Manganese: 0.69mg (34.51%), Vitamin B3: 6.71mg (33.53%), Vitamin B1: 0.37mg (24.52%), Fiber: 5.98g (23.9%), Vitamin E: 3.57mg (23.82%), Folate: 91.79µg (22.95%), Vitamin B2: 0.38mg (22.44%), Magnesium: 88.84mg (22.21%), Vitamin C: 16.97mg (20.57%), Vitamin K: 20.94µg (19.94%), Vitamin A: 904.6IU (18.09%), Copper: 0.36mg (17.83%), Calcium: 113.69mg (11.37%), Vitamin B5: 0.75mg (7.53%)