



Ancho-Marinated Skirt Steak with Warm Black Bean Salad



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 oz black beans drained and rinsed canned
- ☐ 1.5 cups cherry tomatoes halved
- ☐ 1 tablespoon chili powder dried
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons garlic divided minced
- ☐ 3 green onions sliced (including green tops)
- ☐ 2 teaspoons ground cumin divided

- ☐ 2 teaspoons kosher salt divided
- ☐ 6 tbsp olive oil divided
- ☐ 2 tablespoons oregano leaves fresh chopped
- ☐ 1 tablespoon pepper
- ☐ 2 poblano chiles fresh (sometimes labeled pasilla)
- ☐ 1 large bell pepper red stemmed seeded cut into 1/2-in. chunks
- ☐ 0.5 cup red wine vinegar divided
- ☐ 1.5 lbs skirt steak
- ☐ 1 large onion sweet chopped
- ☐ 0.5 cup syrah dry red

Equipment

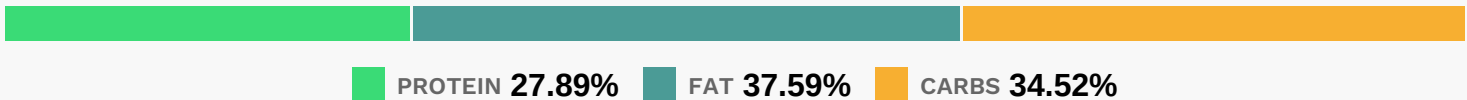
- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ broiler

Directions

- ☐ Combine wine, 1/4 cup each vinegar and oil, 1 tbsp. each garlic and pepper, 1 tsp. each salt and cumin, the oregano, and ground chiles in a large, resealable plastic food bag. If steak is in 1 long piece, cut in half crosswise; rinse, add to bag, seal, and turn to coat. Chill at least 4 hours or up to 1 day.
- ☐ Preheat broiler. Halve, stem, and seed the poblanos.
- ☐ Lay skin side up on a baking sheet and broil 4 inches from heat until well charred, 6 to 7 minutes.
- ☐ Let stand 10 minutes, then peel and coarsely chop.
- ☐ Heat grill to high (450 to 550). In a large frying pan over medium-high heat, saut onion and remaining 1 tbsp. garlic in 2 tbsp. oil until soft, about 5 minutes. Stir in beans and remaining 1/4 cup vinegar and 1 tsp. each pepper, salt, and cumin; turn heat to low.

- ☐
- Oil cooking grate well. Lift steak from marinade (discard marinade) and grill, turning once, until browned on both sides but still pink in the center (cut to test), 7 to 10 minutes total.
- ☐
- Transfer to a board and let rest at least 5 minutes.
- ☐
- Meanwhile, add poblanos, red pepper, tomatoes, 3 green onions, and cilantro to bean mixture, and stir occasionally until warm. Slice steak on the diagonal across the grain and serve on warm bean salad.
- ☐
- Garnish with more green onions if you like.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:39.375651597977%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg

Nutrients (% of daily need)

Calories: 569.76kcal (28.49%), Fat: 23.72g (36.5%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 49.02g (16.34%), Net Carbohydrates: 30.62g (11.14%), Sugar: 6.15g (6.84%), Cholesterol: 71.44mg (23.81%), Sodium: 1704.46mg (74.11%), Alcohol: 2.1g (100%), Alcohol %: 0.48% (100%), Protein: 39.6g (79.2%), Vitamin C: 86.1mg (104.36%), Fiber: 18.4g (73.61%), Zinc: 8.91mg (59.38%), Manganese: 1.07mg (53.67%), Vitamin B6: 0.97mg (48.43%), Iron: 8.39mg (46.6%), Phosphorus: 464.22mg (46.42%), Vitamin B3: 8.81mg (44.07%), Folate: 176.07µg (44.02%), Vitamin K: 43.59µg (41.51%), Vitamin B2: 0.71mg (41.51%), Selenium: 29.05µg (41.51%), Vitamin B12: 2.42µg (40.26%), Potassium: 1370.94mg (39.17%), Vitamin A: 1745.52IU (34.91%), Copper: 0.65mg (32.6%), Magnesium: 128.42mg (32.11%), Vitamin B1: 0.46mg (30.65%), Vitamin E: 3.82mg (25.5%), Calcium: 155.29mg (15.53%), Vitamin B5: 1.34mg (13.42%)