



Beef and Vegetable Soup (Cocido)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons achiote paste
- ☐ 4 cups baking potato cubed peeled
- ☐ 14.5 ounce canned tomatoes diced with green chiles, undrained such as muir glen canned
- ☐ 2 cups carrots
- ☐ 3 cups chayote squash cubed peeled
- ☐ 2 teaspoons chili powder
- ☐ 28 ounce less-sodium chicken broth fat-free canned
- ☐ 4 garlic cloves minced

- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon olive oil
- ☐ 4 cups onion chopped
- ☐ 1.5 teaspoons salt
- ☐ 2 pounds rump steak boneless trimmed cut into 1-inch pieces
- ☐ 1 tablespoon citrus champagne vinegar

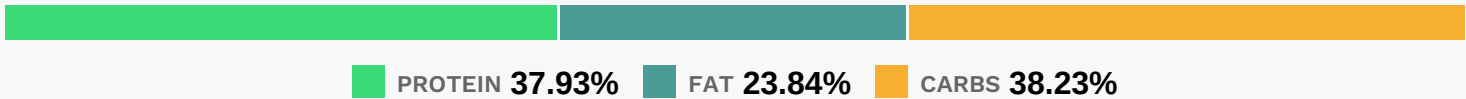
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine first 7 ingredients, stirring with a fork until mixture resembles coarse meal; sprinkle 1 1/2 tablespoons achiote mixture evenly over beef, tossing to coat. Set remaining achiote mixture aside.
- ☐ Heat oil in Dutch oven over medium-high heat.
- ☐ Add beef mixture; cook 2 minutes, browning on all sides.
- ☐ Remove beef from pan.
- ☐ Add onion to pan; saut 3 minutes.
- ☐ Add remaining achiote mixture; cook 2 minutes, stirring frequently. Return beef mixture to pan. Stir in broth and tomatoes; bring to a boil. Cover, reduce heat, and simmer 35 minutes.
- ☐ Add potato, chayote, and carrot; cover and simmer 35 minutes or until potato is tender.
- ☐ Remove from heat. Stir in vinegar.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:10.78, Inflammation Score:-10, Nutrition Score:21.965217408927%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.07mg, Quercetin: 13.07mg, Quercetin: 13.07mg, Quercetin: 13.07mg

Nutrients (% of daily need)

Calories: 243.68kcal (12.18%), Fat: 6.52g (10.03%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 19.66g (7.15%), Sugar: 6.1g (6.78%), Cholesterol: 55.34mg (18.45%), Sodium: 760.59mg (33.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.7%), Vitamin A: 4468.76IU (89.38%), Vitamin B6: 0.98mg (48.83%), Vitamin B3: 8.67mg (43.34%), Selenium: 25.85µg (36.93%), Zinc: 4.51mg (30.07%), Phosphorus: 274.46mg (27.45%), Potassium: 904.28mg (25.84%), Vitamin B12: 1.24µg (20.64%), Vitamin C: 16.98mg (20.58%), Folate: 78.35µg (19.59%), Manganese: 0.38mg (18.87%), Iron: 3.1mg (17.2%), Fiber: 3.87g (15.47%), Magnesium: 55.98mg (13.99%), Copper: 0.27mg (13.33%), Vitamin B1: 0.19mg (12.64%), Vitamin B2: 0.21mg (12.11%), Vitamin B5: 1.17mg (11.74%), Vitamin K: 10.29µg (9.8%), Calcium: 84.77mg (8.48%), Vitamin E: 1.25mg (8.32%)