



Beef Stew with Poblanos, Tomatillos, and Potatoes

READY IN



45 min.

SERVINGS



8

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef stew meat lean cut into bite-sized pieces
- 12 ounce pale mexican beer (such as Corona)
- 0.5 teaspoon pepper black freshly ground
- 1.5 ounces flour all-purpose
- 6 garlic cloves minced
- 1 cup bell pepper green chopped (1 medium)
- 1.5 teaspoons ground cumin
- 14 ounce less-sodium beef broth canned

- 1 tablespoon olive oil divided
- 2 cups onion chopped
- 1 tablespoon oregano fresh chopped
- 2 poblano chiles
- 3 ounces queso fresco crumbled
- 1 teaspoon salt divided
- 28 ounce tomatillos crushed drained canned
- 2 cups water
- 6 cups potatoes white cubed peeled (1-inch) (2 pounds)

Equipment

- bowl
- frying pan
- baking sheet
- ladle
- aluminum foil
- broiler
- ziploc bags
- dutch oven

Directions

- Preheat broiler.
- Place poblano chiles on a foil-lined baking sheet; broil 10 minutes or until blackened and charred, turning chiles occasionally.
- Place in a heavy-duty zip-top plastic bag; seal.
- Let stand 15 minutes. Peel chiles; cut in half lengthwise. Discard seeds and membranes. Chop chiles; set aside.
- Heat 1 teaspoon oil in a large Dutch oven over medium-high heat.

- Add onion; saut 10 minutes or until onion is tender and golden brown. Spoon onion into a large bowl.
- Place flour in a shallow bowl or pie plate. Dredge beef in flour, shaking off excess.
- Heat remaining 2 teaspoons oil in pan over medium-high heat.
- Add half of beef mixture; sprinkle with 1/4 teaspoon salt. Cook 6 minutes, browning on all sides.
- Add browned beef to onion. Repeat procedure with remaining beef mixture and 1/4 teaspoon salt.
- Add beer to pan, scraping pan to loosen browned bits.
- Add chopped chiles, 2 cups water, pepper, oregano, cumin, garlic, tomatillos, and beef broth; bring to a simmer. Stir in the beef mixture. Cover, reduce heat to medium-low, and simmer for 1 hour or until beef is just tender.
- Stir in potato. Simmer, uncovered, 50 minutes or until beef and potato are very tender and sauce is thick, stirring occasionally. Stir in remaining 1/2 teaspoon salt and black pepper. Ladle 1 1/3 cups stew into each of 8 bowls; sprinkle each serving with 1 1/2 tablespoons cheese.
- Garnish with cilantro, if desired.

Nutrition Facts



■ **PROTEIN 31.23%**
■ **FAT 23.26%**
■ **CARBS 45.51%**

Properties

Glycemic Index:39.78, Glycemic Load:27.44, Inflammation Score:-9, Nutrition Score:32.460435105407%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 447.53kcal (22.38%), Fat: 11.38g (17.5%), Saturated Fat: 3.8g (23.72%), Carbohydrates: 50.08g (16.69%), Net Carbohydrates: 42.26g (15.37%), Sugar: 8.46g (9.4%), Cholesterol: 77.64mg (25.88%), Sodium: 545.66mg

(23.72%), Alcohol: 1.66g (100%), Alcohol %: 0.32% (100%), Protein: 34.37g (68.73%), Vitamin C: 89.16mg (108.08%), Vitamin B6: 1.54mg (77.11%), Vitamin B3: 12.24mg (61.22%), Selenium: 37.12µg (53.03%), Potassium: 1698.14mg (48.52%), Phosphorus: 463.98mg (46.4%), Zinc: 5.97mg (39.77%), Vitamin B12: 2.29µg (38.08%), Manganese: 0.69mg (34.45%), Fiber: 7.82g (31.27%), Iron: 5.4mg (30.01%), Magnesium: 107.42mg (26.85%), Vitamin B1: 0.39mg (26.23%), Copper: 0.47mg (23.36%), Vitamin K: 23.82µg (22.68%), Vitamin B2: 0.36mg (21.16%), Folate: 77.15µg (19.29%), Calcium: 146.56mg (14.66%), Vitamin B5: 1.37mg (13.65%), Vitamin E: 1.35mg (8.97%), Vitamin A: 398.42IU (7.97%), Vitamin D: 0.29µg (1.91%)