



Beef Tagine

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup no-salt-added beef broth undiluted canned
- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 2 cups carrots sliced
- ☐ 6 cups couscous cooked (without salt or fat)
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons gingerroot minced peeled
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 1 teaspoon ground turmeric
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1.5 pounds shoulder roast boneless lean cut into 2-inch cubes
- ☐ 0.5 teaspoon salt
- ☐ 2 medium zucchini

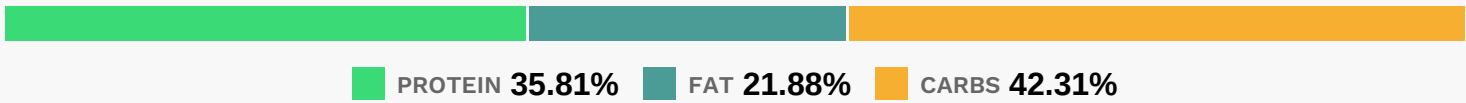
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Coat a Dutch oven with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add meat, and cook until browned on all sides, stirring often.
- ☐ Drain and pat dry with paper towels. Wipe drippings from Dutch oven with a paper towel.
- ☐ Return meat to Dutch oven; sprinkle with flour, salt, and pepper, tossing well.
- ☐ Add tomatoes and next 5 ingredients; stir well.
- ☐ Add carrot; bring to a boil. Cover, reduce heat, and simmer 1 hour and 15 minutes.
- ☐ Cut zucchini in half lengthwise; cut each half crosswise into thin slices.
- ☐ Add zucchini and olive to meat mixture; simmer 20 additional minutes or until meat and vegetables are tender.
- ☐ Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:54.47, Glycemic Load:26.41, Inflammation Score:-10, Nutrition Score:33.995217478794%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 477.45kcal (23.87%), Fat: 11.51g (17.7%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 50.07g (16.69%), Net Carbohydrates: 44.29g (16.11%), Sugar: 6.9g (7.66%), Cholesterol: 96.94mg (32.31%), Sodium: 606.69mg (26.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.38g (84.76%), Vitamin A: 7433.75IU (148.67%), Selenium: 83.38µg (119.11%), Zinc: 10.33mg (68.84%), Vitamin B12: 3.91µg (65.16%), Vitamin B6: 1.17mg (58.52%), Vitamin B3: 9.96mg (49.8%), Phosphorus: 394.82mg (39.48%), Iron: 5.67mg (31.48%), Potassium: 1070.85mg (30.6%), Vitamin C: 23.49mg (28.48%), Manganese: 0.54mg (27.2%), Vitamin B2: 0.44mg (25.78%), Fiber: 5.78g (23.1%), Vitamin B1: 0.32mg (21.43%), Copper: 0.39mg (19.69%), Vitamin B5: 1.93mg (19.35%), Magnesium: 76.5mg (19.12%), Folate: 68.52µg (17.13%), Vitamin K: 15.29µg (14.56%), Vitamin E: 1.98mg (13.2%), Calcium: 82.09mg (8.21%)