



Beef with Tomatoes, Pasta, and Chili Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef sirloin halved lengthwise cut into 1/4-in.-thick slices
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups broccoli florets (1 in. each)
- ☐ 1 tablespoon cilantro leaves fresh plus more for garnish chopped
- ☐ 0.5 pound fusilli pasta
- ☐ 1 large onion halved lengthwise cut into thin wedges
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon sriracha red (Asian chili sauce)

- ☐ 3 medium tomatoes cut into 1-in.-thick wedges
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ frying pan
- ☐ pot

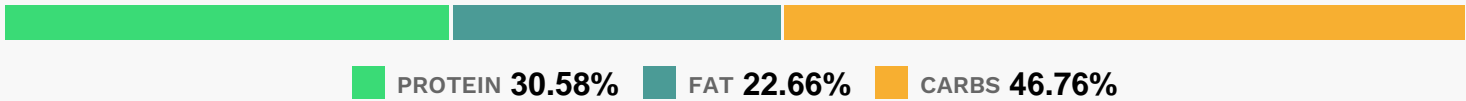
Directions

- ☐ Bring a large pot of salted water to boil.
- ☐ Add fusilli. Cook until tender to the bite, 5 to 10 minutes.
- ☐ Drain and set aside.
- ☐ Meanwhile, heat the oil in a large frying pan over medium-high heat. When oil is hot, add beef and cook until it starts to brown, about 3 minutes. Stir and let it continue to brown for 2 to 3 minutes more.
- ☐ Transfer beef to a plate, reserving oil, and set aside.
- ☐ Add onion to the pan and cook, stirring often, until it begins to brown, 2 to 3 minutes.
- ☐ Add broccoli and cook until bright green, 2 to 3 minutes.
- ☐ Add soy sauce, Sriracha, cilantro, and pepper. Cook, stirring frequently, about 3 minutes.
- ☐ Add tomatoes and reserved beef and cook until tomatoes begin to release their juices, 2 to 3 minutes longer.
- ☐ Add the cooked fusilli, stir, and cook until most of the liquid has evaporated or been absorbed by the pasta, 2 to 3 minutes. Season to taste with additional soy sauce or Sriracha.
- ☐ Serve hot with a sprinkling of fresh cilantro, if desired.
- ☐ Variations: This dish is extremely flexible, and the soy-chili sauce tastes great with any of the following additions and/or substitutions.
- ☐ Chicken or shrimp: Use 1 lb. boned, skinned chicken breasts cut into 1/4-in.-thick strips, or 1 lb. medium shelled and deveined shrimp.
- ☐ Add your favorite green vegetable (such as green beans or zucchini) in addition to or in place of the broccoli. You can also toss in a thinly sliced red or green bell pepper or 1 cup thinly sliced green cabbage (add at the same time as the onion).

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Swap pastas: Try using penne pasta instead of fusilli. Or, for a more authentically Peruvian version, use spaghetti.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:19.73, Inflammation Score:-9, Nutrition Score:33.641304430754%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 5.68mg, Kaempferol: 5.68mg, Kaempferol: 5.68mg, Kaempferol: 5.68mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 10.43mg, Quercetin: 10.43mg, Quercetin: 10.43mg, Quercetin: 10.43mg

Nutrients (% of daily need)

Calories: 475.51kcal (23.78%), Fat: 11.96g (18.4%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 55.54g (18.51%), Net Carbohydrates: 49.97g (18.17%), Sugar: 7.42g (8.24%), Cholesterol: 62.37mg (20.79%), Sodium: 902.24mg (39.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.31g (72.63%), Selenium: 70.54µg (100.77%), Vitamin C: 76.92mg (93.24%), Vitamin K: 91.57µg (87.21%), Vitamin B6: 1.06mg (53.22%), Vitamin B3: 9.8mg (48.99%), Manganese: 0.92mg (45.76%), Phosphorus: 435.16mg (43.52%), Zinc: 6.05mg (40.33%), Potassium: 1042.32mg (29.78%), Vitamin A: 1227.32IU (24.55%), Vitamin B12: 1.42µg (23.62%), Folate: 90.62µg (22.66%), Magnesium: 90.45mg (22.61%), Fiber: 5.57g (22.26%), Iron: 3.95mg (21.93%), Copper: 0.4mg (20.07%), Vitamin B2: 0.32mg (18.78%), Vitamin B1: 0.26mg (17.48%), Vitamin B5: 1.53mg (15.29%), Vitamin E: 2.04mg (13.59%), Calcium: 88.58mg (8.86%)