



Beefy Black Bean Stew

READY IN



140 min.

SERVINGS



35

CALORIES



87 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 32 oz beef broth divided
- 45 oz black beans drained and rinsed canned
- 28 oz canned tomatoes diced canned
- 2 tablespoons chili powder
- 1 sprigs toppings: cilantro cream fresh shredded sour
- 12 oz beer dark
- 1.8 lb flank steak
- 2 garlic cloves minced
- 1 medium size bell pepper green chopped

- 1 teaspoon ground cumin
- 35 servings lime wedges
- 1 tablespoon olive oil
- 1 medium onion chopped
- 1 teaspoon oregano dried
- 1.5 teaspoons salt
- 6 oz tomato paste canned

Equipment

- frying pan
- oven
- aluminum foil
- dutch oven

Directions

- Preheat oven to 400
- Cut beef into 1-inch strips. Line bottom and sides of a 13- x 9-inch pan with aluminum foil, allowing 2 to 3 inches to extend over sides.
- Place beef in a single layer in pan.
- Pour 1 cup beef broth over beef. Cover tightly with aluminum foil.
- Bake at 400 1 hour or until beef is shreddable.
- Remove beef from pan, reserving drippings. Shred beef with 2 forks.
- Saut onion and next 5 ingredients in hot oil in a Dutch oven over medium heat 5 minutes or until onion is tender. Stir in shredded beef, reserved pan drippings, beans, next 4 ingredients, and remaining beef broth. Bring to a boil; cover, reduce heat to medium-low, and cook, stirring occasionally, 45 minutes.
- Serve with desired toppings and lime wedges.

Nutrition Facts



■ PROTEIN 37.22% ■ FAT 19.58% ■ CARBS 43.2%

Properties

Glycemic Index:6.44, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:6.773043508115%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 86.83kcal (4.34%), Fat: 1.87g (2.88%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 5.93g (2.16%), Sugar: 1.48g (1.65%), Cholesterol: 13.63mg (4.54%), Sodium: 392.88mg (17.08%), Alcohol: 0.38g (100%), Alcohol %: 0.37% (100%), Protein: 8.02g (16.03%), Fiber: 3.37g (13.48%), Vitamin B3: 2.31mg (11.54%), Vitamin B6: 0.23mg (11.5%), Selenium: 7.72µg (11.02%), Phosphorus: 102.62mg (10.26%), Iron: 1.61mg (8.97%), Potassium: 309.86mg (8.85%), Vitamin C: 6.84mg (8.29%), Manganese: 0.17mg (8.26%), Zinc: 1.18mg (7.86%), Folate: 31.16µg (7.79%), Copper: 0.15mg (7.38%), Magnesium: 26.17mg (6.54%), Vitamin B1: 0.09mg (6.31%), Vitamin B2: 0.1mg (5.83%), Vitamin E: 0.67mg (4.47%), Vitamin A: 211.26IU (4.23%), Vitamin B12: 0.23µg (3.78%), Calcium: 33.74mg (3.37%), Vitamin B5: 0.31mg (3.11%), Vitamin K: 3.09µg (2.94%)