



Bistec Con Chiles Verdes

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



1282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 small ancho chili pepper stemmed deveined seeded
- 1 teaspoon pepper black freshly ground
- 0.5 pound butter softened
- 2 small pepper flakes stemmed deveined seeded
- 0.3 cup coriander seeds
- 0.3 cup cumin seeds
- 2 cups epazote leaves
- 0.3 cup fennel seeds

- 1 cup cilantro leaves fresh roughly chopped
- 1 clove garlic
- 2 tablespoons garlic powder
- 1 jalapeno peeled seeded thinly sliced
- 1 juice of lime
- 0.5 cup nopales sliced for 5 minutes on each side and
- 3 tablespoons olive oil
- 2 tablespoons onion powder
- 0.5 cup oregano dried whole (preferably Mexican)
- 0.3 cup paprika sweet spanish hot (pimenton)
- 2 poblano pepper peeled seeded thinly sliced
- 1 teaspoon salt
- 4 servings pepper black freshly ground
- 1 medium shallots thinly sliced
- 32 ounce fat-trimmed beef flank steak (per serving)
- 1 onion white thinly sliced
- 0.3 cup mustard seeds yellow

Equipment

- bowl
- frying pan
- baking paper
- blender
- grill
- broiler
- ziploc bags

Directions

- Watch how to make this recipe.

- Drizzle a little olive on each steak and sprinkle 1 tablespoon Aaron's Adobo on each side of the steaks. Allow to rest.
- Meanwhile, using a saute pan over medium heat, add 1 tablespoon olive oil, the roasted poblano and jalapeno chiles and onion. Cook for 5 minutes, until the onion is translucent.
- Remove and cool.
- Then, in a large saute pan, add the remaining 2 tablespoons olive oil and the shallots. Cook softly over medium heat until translucent, about 5 minutes. Then add the chile-onion mixture and cook for another 5 minutes. Then add the nopales. Season with 1 teaspoon of salt and 1 teaspoon of pepper and set aside.
- On a hot grill, cook the steak for 7 to 8 minutes on each side until medium-rare and remove from the grill. Allow to rest for 5 minutes, then slice into 1-inch pieces. Divide the chile-onion mixture onto 4 plates and top with the sliced steak. Next, top with some Epazote Butter, however much you'd like, and put the plate under a broiler just for a few seconds, long enough for the butter to melt. Good to go.
- Serve and enjoy!
- Heat a dry skillet over medium-low heat.
- Pour in the cumin, coriander, fennel and mustard seeds along with the pieces of ancho and pasilla chiles. Toast, stirring constantly, until it's very aromatic and just begins to smoke, about 3 minutes.
- Dump the mixture onto a plate and let it cool to room temperature. Grind it to a fine powder in a spice grinder or clean coffee grinder.
- Put the powder in a large bowl and add the oregano, paprika, garlic powder and onion powder. Stir them really well to combine.
- Store the adobo in an airtight container or resealable plastic bag in a cool, dark place for up to a month.
- In a blender, puree the epazote, cilantro, garlic, lime juice, salt and pepper with 1/2 cup water. Then take herb puree and mix well with softened butter until a green butter occurs. Once mixed, you can wrap in parchment paper and freeze. It keeps for up to a month.

Nutrition Facts

PROTEIN 16.16%

FAT 61.78%

CARBS 22.06%

Properties

Glycemic Index:89.25, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:70.133042864178%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg

Nutrients (% of daily need)

Calories: 1282.46kcal (64.12%), Fat: 98.64g (151.76%), Saturated Fat: 45.71g (285.7%), Carbohydrates: 79.28g (26.43%), Net Carbohydrates: 54.97g (19.99%), Sugar: 14.07g (15.64%), Cholesterol: 260.25mg (86.75%), Sodium: 1170.88mg (50.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.04g (116.09%), Manganese: 5.57mg (278.55%), Vitamin A: 10469.92IU (209.4%), Vitamin C: 105.73mg (128.16%), Selenium: 84.19µg (120.28%), Iron: 19.07mg (105.96%), Zinc: 15.56mg (103.71%), Vitamin B6: 2.02mg (101.18%), Fiber: 24.31g (97.25%), Vitamin K: 98.79µg (94.09%), Magnesium: 367.54mg (91.89%), Vitamin B2: 1.39mg (82.01%), Vitamin B3: 16.36mg (81.82%), Potassium: 2674.81mg (76.42%), Phosphorus: 736.27mg (73.63%), Calcium: 725.21mg (72.52%), Vitamin B12: 3.86µg (64.35%), Vitamin E: 7.85mg (52.35%), Copper: 0.93mg (46.39%), Folate: 143.89µg (35.97%), Vitamin B1: 0.52mg (34.6%), Vitamin B5: 0.83mg (8.26%), Vitamin D: 0.23µg (1.51%)