



Brazilian Beef Stew

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



80 min.

SERVINGS



20

CALORIES



124 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup beef broth
- 2 lb beef sirloin steak trimmed cut into bite-sized pieces
- 1 env. seasons garlic & herb dressing mix good
- 2 Tbsp olive oil
- 2 medium pasilla peppers red chopped
- 16 oz taco bellâ® & chunky salsa thick
- 2 Tbsp heinz red wine vinegar

Equipment

- bowl
- sauce pan

Directions

- Mix vinegar and dressing mix until well blended.
- Pour over meat in medium bowl; stir to coat. Cover. Refrigerate 20 min.
- Add meat and peppers to hot oil in medium saucepan. Cook on medium-high heat 5 min., stirring frequently.
- Add salsa and broth; mix well. Bring to boil.
- Reduce heat to medium; simmer 20 min. or until meat is cooked through and stew is thickened, stirring occasionally.
- Serve with hot cooked rice, if desired.

Nutrition Facts

PROTEIN 32.43% **FAT 60.14%** **CARBS 7.43%**

Properties

Glycemic Index:1.85, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:6.5426087223965%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 124kcal (6.2%), Fat: 8.23g (12.66%), Saturated Fat: 2.94g (18.41%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 1.61g (0.59%), Sugar: 1.37g (1.52%), Cholesterol: 25.4mg (8.47%), Sodium: 218.55mg (9.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Vitamin B12: 1.27µg (21.16%), Vitamin C: 15.67mg (19%), Vitamin B6: 0.25mg (12.43%), Selenium: 7.79µg (11.12%), Vitamin B3: 2.11mg (10.56%), Zinc: 1.56mg (10.43%), Vitamin A: 482.3IU (9.65%), Phosphorus: 91.03mg (9.1%), Potassium: 231.49mg (6.61%), Iron: 1.11mg (6.17%), Vitamin B2: 0.1mg (5.99%), Vitamin E: 0.68mg (4.5%), Vitamin B1: 0.06mg (4%), Magnesium: 14.34mg (3.58%), Fiber: 0.68g (2.72%), Copper: 0.05mg (2.65%), Vitamin K: 2.69µg (2.56%), Manganese: 0.05mg (2.46%), Folate: 9.46µg (2.37%), Vitamin B5: 0.23mg (2.27%), Calcium: 11.53mg (1.15%)