



## Bush's Bean Inspired & Pinto Steak and Dumpling Soup

READY IN



75 min.

SERVINGS



6

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 quart beef broth
- 4 tablespoons butter cut into small pieces
- 1 teaspoon canola oil
- 2 teaspoons canola oil
- 1 tablespoon guajillo chiles\* dried red
- 1 tablespoon chili powder dried red
- 0.5 cup corn kernels (1 cob)

- 0.5 cup cornmeal
- 0.5 teaspoon cumin seeds
- 1 cup flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic chopped
- 0.3 teaspoon kosher salt
- 0.5 teaspoon kosher salt
- 0.3 cup juice of lime
- 0.3 cup milk
- 16 ounces pinto beans drained and rinsed canned
- 12 ounce beef rib steak cut into ½-inch pieces
- 6 servings salt and pepper
- 0.8 cup canned tomatoes canned
- 2 cups water
- 1 onion white sliced

## Equipment

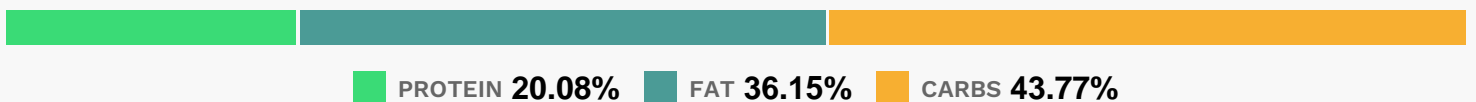
- bowl
- ladle
- pot
- blender
- hand mixer
- stove
- tongs

## Directions

- For Dumplings: In medium-sized pot over medium-high heat pour 1 teaspoon canola oil. Once hot, add corn. Stir and cook until golden, about 3 minutes.
- Pour in milk and bring to a boil.

- Let simmer for 1 minute. Turn off stove, set aside to cool.
- Place butter, baking powder and salt in medium bowl; allow mixture to rise to room temperature. Then use the paddle attachment for an electric mixer or hand mixer to whip.
- Add cooled corn/milk mixture to bowl and blend with butter, baking powder and salt mix. Using mixer on slow speed, gradually add cornmeal and flour until mixture forms into dough, about 3 minutes.
- Remove dough from mixer, place on clean counter. Knead dough until soft, should not be sticky or dry. Wrap dough in plastic and place in refrigerator. For Steak: Season steak with salt and pepper, to taste.
- Place a wide pot over medium heat; add 2 teaspoons of canola oil. Once a haze begins to rise from the pot, use tongs to carefully place steak into pot. Saut until deep golden brown. Using tongs remove steak, set aside on a plate to cool. For Soup: Keep stove on.
- Place onions, garlic, chiles and cumin in the same pot used for the steak, stir occasionally for 5 minutes or until ingredients are golden brown.
- Pour in beef broth, water and tomato puree, bring to a boil. Cover pot with lid, turn heat down and simmer for 20 minutes. Turn stove off, set aside to cool.
- Pour cooled soup base into a blender, puree ingredients until smooth. Once smooth, pour soup base back into pot, add pinto beans. Set aside.
- Remove dumpling dough from refrigerator, unwrap plastic. Pull off large marble-sized pieces. One at a time, hold dough piece in the palm of your hand and use your thumb to press dough into a boat shape. Once all are done, bring soup base to a simmer and then place dumplings into pot. Cover with lid, cook for 10 minutes.
- Add steak, lime juice, salt and dumplings to pot and bring soup to a boil. Turn off stove. Ladle soup into bowls; serve even amounts of steak, beans and dumplings.
- Garnish with fresh cilantro.

## Nutrition Facts



## Properties

Glycemic Index:79.83, Glycemic Load:21.69, Inflammation Score:-9, Nutrition Score:24.187391203383%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

## Nutrients (% of daily need)

Calories: 497.38kcal (24.87%), Fat: 20.39g (31.37%), Saturated Fat: 9.26g (57.86%), Carbohydrates: 55.55g (18.52%), Net Carbohydrates: 44.51g (16.18%), Sugar: 5.03g (5.59%), Cholesterol: 55.87mg (18.62%), Sodium: 1299.3mg (56.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.98%), Folate: 193.37µg (48.34%), Fiber: 11.04g (44.16%), Selenium: 28.65µg (40.93%), Manganese: 0.75mg (37.57%), Vitamin B3: 6.75mg (33.75%), Vitamin B6: 0.65mg (32.36%), Phosphorus: 318.7mg (31.87%), Vitamin B1: 0.46mg (30.4%), Zinc: 4.54mg (30.24%), Iron: 5.23mg (29.03%), Vitamin A: 1430.13IU (28.6%), Vitamin B2: 0.43mg (25.13%), Potassium: 877.13mg (25.06%), Magnesium: 89.57mg (22.39%), Copper: 0.38mg (18.98%), Vitamin B12: 1.12µg (18.71%), Vitamin E: 2.37mg (15.79%), Vitamin K: 13.6µg (12.95%), Calcium: 114.77mg (11.48%), Vitamin C: 9.28mg (11.24%), Vitamin B5: 0.62mg (6.21%), Vitamin D: 0.17µg (1.12%)