



Caldereta (Filipino Beef and Chorizo Stew)



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef chuck cubed
- ☐ 1 cup peas canned drained
- ☐ 12 ounces chorizo sausage
- ☐ 0.3 cup garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 2 cups potatoes cubed peeled

- ☐ 1 teaspoon salt
- ☐ 0.3 cup soya sauce
- ☐ 3 cups tomato sauce
- ☐ 0.3 cup vinegar white

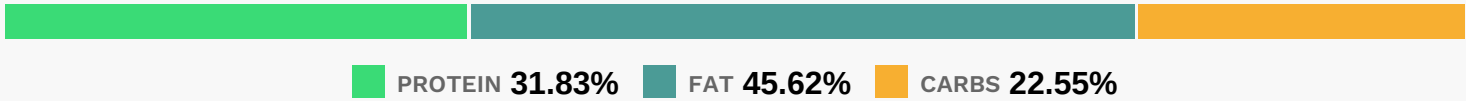
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Combine beef chuck, chorizo, garlic, vinegar, and soy sauce in a skillet over medium heat; cook and stir until beef chuck is browned and liquid is reduced, about 20 minutes.
- ☐ Remove from heat.
- ☐ Heat olive oil in a pot over medium heat; cook and stir onion and green bell pepper in the hot oil until onion is translucent, 5 to 10 minutes.
- ☐ Add tomato sauce and simmer until liquid is slightly reduced, 3 to 5 minutes.
- ☐ Stir beef-chorizo mixture into tomato sauce mixture; bring to a boil. Reduce heat to medium-low, cover pot, and simmer for 30 to 40 minutes.
- ☐ Stir potatoes, peas, salt, and pepper into stew; simmer until beef is tender and potatoes are cooked through, 20 to 30 minutes.
- ☐ Add water if needed.

Nutrition Facts



Properties

Glycemic Index:48.79, Glycemic Load:12.13, Inflammation Score:-9, Nutrition Score:31.00043474073%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin:

4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 499.15kcal (24.96%), Fat: 25.51g (39.25%), Saturated Fat: 12.33g (77.05%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 22.71g (8.26%), Sugar: 7.71g (8.57%), Cholesterol: 144.33mg (48.11%), Sodium: 1714.48mg (74.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.05g (80.11%), Zinc: 12.31mg (82.07%), Vitamin B12: 4.13µg (68.79%), Vitamin C: 54.94mg (66.6%), Vitamin B6: 1.09mg (54.47%), Selenium: 33.67µg (48.1%), Vitamin B3: 9.44mg (47.21%), Phosphorus: 416.25mg (41.62%), Potassium: 1313.73mg (37.54%), Iron: 6.49mg (36.05%), Vitamin A: 1545.26IU (30.91%), Manganese: 0.58mg (29.03%), Fiber: 5.67g (22.68%), Vitamin B2: 0.36mg (21.37%), Copper: 0.41mg (20.26%), Magnesium: 80.84mg (20.21%), Vitamin B1: 0.25mg (16.94%), Vitamin K: 17.77µg (16.92%), Vitamin B5: 1.67mg (16.69%), Vitamin E: 2.15mg (14.34%), Folate: 44.11µg (11.03%), Calcium: 91.69mg (9.17%), Vitamin D: 0.15µg (1.01%)