



Carne Asada Tacos with Green Salsa

 Very Healthy

READY IN



200 min.

SERVINGS



6

CALORIES



1573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocados diced pitted halved
- 4 pounds beef round roast
- 28 ounce canned tomatoes diced canned
- 3 cups canola oil
- 2 tablespoons chili powder
- 2 chipotle peppers
- 0.3 bunch cilantro leaves chopped
- 24 corn tortillas

- 24 small flour tortillas
- 2 cloves garlic chopped
- 4 cloves garlic chopped
- 1 small head cabbage shredded green
- 2 tablespoons ground cumin
- 1 juice of lime juiced
- 2 teaspoons freshly cracked pepper black
- 2 poblano peppers
- 2 cups queso fresco crumbled
- 2 teaspoons salt
- 1 pinch salt and freshly cracked pepper black plus more for seasoning
- 4 tomatillos chopped
- 2 cups vegetable stock
- 1 tablespoon vinegar white
- 1 onion yellow chopped

Equipment

- bowl
- frying pan
- paper towels
- oven
- pot
- blender
- plastic wrap
- baking pan
- aluminum foil
- broiler
- microwave
- spatula

dutch oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- Add the vegetable stock, tomatoes, chipotle peppers, onions and garlic to a Dutch oven and stir to combine.
- In small bowl, combine the cumin, chili powder, salt and black pepper.
- Sprinkle the spice mixture over the beef so that it is evenly coated.
- Put the seasoned beef into the Dutch oven and cover. Braise in the oven until the meat is fork tender, about 3 hours.
- Remove the beef from the pot and put it into a baking dish. Shred with 2 forks and drizzle with some of the braising liquid to keep the meat moist. Cover with some aluminum foil until ready to serve.
- Preheat a broiler.
- Put the poblano peppers on a sheet pan under the broiler for 8 minutes, turning every 2 minutes until the skins are charred.
- Remove the pan from the broiler, put the peppers into a bowl, cover with plastic wrap and let them sit to allow the skin to separate from the flesh, about 10 minutes. Core, seed and peel the charred skin from the peppers.
- Add the peppers along with the remaining salsa ingredients, except 3/4 of the diced avocado, to a blender. Puree the mixture until smooth.
- Pour the mixture into a medium bowl, and add the remaining diced avocado. Gently toss the salsa with a rubber spatula to coat the avocado. Taste and adjust the seasonings with more salt and pepper, if needed. Set aside
- Bring the canola oil to 350 degrees F in a large skillet over medium heat. Fry the corn tortillas in batches until crispy but still slightly pliable, about 2 to 3 minutes.
- Transfer them to a sheet tray lined with paper towels to drain any excess oil.
- Put the flour tortillas in a damp towel and microwave for 45 seconds on high to soften them. Arrange a fried corn tortilla onto each flour tortilla. Spoon some of the beef onto the fried tortilla, top each taco with some shredded cabbage, 2 tablespoons green salsa and 1 tablespoon queso fresco. Repeat with the remaining ingredients. Arrange on a serving platter

and serve.

Nutrition Facts

PROTEIN 24.44% FAT 40.24% CARBS 35.32%

Properties

Glycemic Index:77.92, Glycemic Load:45.11, Inflammation Score:-10, Nutrition Score:75.178260989811%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 1573.25kcal (78.66%), Fat: 71.25g (109.62%), Saturated Fat: 17.73g (110.83%), Carbohydrates: 140.71g (46.9%), Net Carbohydrates: 116.5g (42.36%), Sugar: 20.99g (23.33%), Cholesterol: 215.54mg (71.85%), Sodium: 2752.64mg (119.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 97.35g (194.7%), Selenium: 127.47µg (182.1%), Vitamin B3: 31.44mg (157.2%), Phosphorus: 1535.27mg (153.53%), Vitamin B6: 3.05mg (152.6%), Vitamin K: 150.6µg (143.43%), Vitamin C: 101.02mg (122.45%), Zinc: 17.02mg (113.48%), Vitamin B12: 6.28µg (104.63%), Fiber: 24.21g (96.85%), Iron: 16.83mg (93.5%), Manganese: 1.87mg (93.36%), Vitamin B1: 1.28mg (85.65%), Potassium: 2615.33mg (74.72%), Folate: 293.69µg (73.42%), Vitamin B2: 1.23mg (72.06%), Calcium: 694.83mg (69.48%), Magnesium: 267.83mg (66.96%), Vitamin E: 9.84mg (65.58%), Copper: 1.1mg (55.13%), Vitamin A: 2013.53IU (40.27%), Vitamin B5: 3.48mg (34.8%), Vitamin D: 1.1µg (7.32%)