



Carne en su Jugo (Meat in its Juices)

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon
- 31 ounce pinto beans canned
- 4 teaspoons chicken soup base
- 2 pounds flank steak cut into 1/2-inch squares
- 6 tablespoons cilantro leaves fresh chopped
- 1 clove garlic peeled
- 6 servings pepper black to taste
- 1 lime cut into 6 wedges

- 0.5 onion chopped
- 3 serrano chiles seeded chopped
- 4 tomatillos fresh
- 3 cups water

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- blender

Directions

- Combine the tomatillos, serrano peppers, garlic, and water in a small saucepan over medium-high heat; bring to a boil, cover, and simmer for 10 minutes.
- Remove the pan from the heat and allow to cool.
- Transfer the contents to a blender and blend until smooth. Set aside.
- Cook the bacon in a large, deep skillet over medium-high heat until crispy, about 10 minutes.
- Drain on a paper towel-lined plate. Crumble the bacon and set aside.
- Place a non-stick skillet over medium-high heat; cook the flank steak in the hot skillet until completely browned.
- Pour the tomatillo mixture over the beef and bring to a boil. Stir the chicken bouillon into the mixture, and reduce heat to medium. Cover the skillet and simmer until tender, at least 30 minutes and up to 1 hour.
- Meanwhile, heat the pinto beans in a saucepan over medium heat until warm; reduce heat to low to keep warm until needed. Stir the bacon and pinto beans into the flank steak mixture; divide the mixture between 6 bowls.
- Garnish each with onion, cilantro, black pepper, and a lime wedge.

Nutrition Facts



■ PROTEIN **39.21%** ■ FAT **36.37%** ■ CARBS **24.42%**

Properties

Glycemic Index:33, Glycemic Load:7.5, Inflammation Score:-6, Nutrition Score:24.767826036267%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 438.87kcal (21.94%), Fat: 17.58g (27.05%), Saturated Fat: 6.32g (39.5%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 18.76g (6.82%), Sugar: 3.32g (3.69%), Cholesterol: 105.41mg (35.14%), Sodium: 943.97mg (41.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.64g (85.27%), Selenium: 49.69µg (70.99%), Vitamin B6: 1.13mg (56.69%), Vitamin B3: 11.23mg (56.16%), Phosphorus: 489.89mg (48.99%), Zinc: 6.98mg (46.52%), Fiber: 7.79g (31.18%), Potassium: 1067.62mg (30.5%), Manganese: 0.56mg (28.13%), Iron: 4.86mg (27.02%), Vitamin B12: 1.49µg (24.83%), Magnesium: 93.35mg (23.34%), Copper: 0.41mg (20.61%), Vitamin B1: 0.27mg (17.84%), Folate: 60.43µg (15.11%), Vitamin B2: 0.24mg (13.96%), Vitamin B5: 1.36mg (13.64%), Calcium: 117.06mg (11.71%), Vitamin C: 9.23mg (11.19%), Vitamin E: 1.52mg (10.13%), Vitamin K: 9.05µg (8.62%), Vitamin A: 95.47IU (1.91%)