



## Chipotle Steak with Turkish Wheat Berries

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 7 ounces poached berries whole wheat
- 0.5 pound cherry tomatoes halved
- 3 chipotle chiles in adobo sauce seeded chopped
- 0.5 teaspoon cinnamon
- 1 medium cucumber--peeled seeded cut into 1-inch dice
- 2 tablespoons flat-leaf parsley coarsely chopped
- 1 large garlic clove minced
- 0.3 teaspoon ground cumin

- 2 teaspoons honey
- 2 tablespoons juice of lemon fresh
- 3 tablespoons olive oil extra-virgin
- 4 servings salt and pepper freshly ground
- 2 pound rump steak
- 1 large tomato--peeled seeded chopped
- 0.5 cup tomato paste
- 3 cups water
- 2 teaspoons citrus champagne vinegar

## Equipment

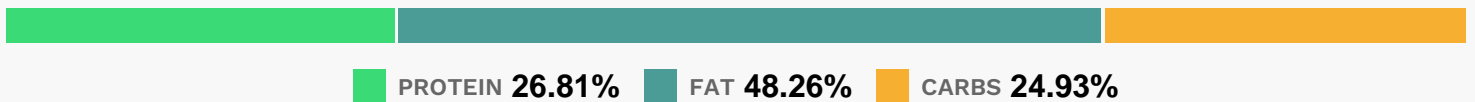
- food processor
- bowl
- sauce pan
- grill
- grill pan
- cutting board

## Directions

- In a medium saucepan, combine the wheat berries with the water and bring to a boil. Cover and simmer over low heat until the wheat berries are tender but still chewy, about 2 hours..
- Drain and let cool to room temperature.
- Meanwhile, in a mini food processor, puree the chopped tomato with the chipotles and adobo sauce.
- Transfer to a medium bowl. Stir in the tomato paste, lemon juice, honey, garlic, cinnamon and cumin.
- Add 3 tablespoons of the olive oil; season with salt and pepper.
- Put the steak in a shallow dish and coat with 1/4 cup of the tomato-chipotle sauce. Stir the wheat berries into the remaining sauce and season with salt. Cover and refrigerate the steak and wheat berries overnight.

- Light a grill or preheat a grill pan. Bring the steak and wheat berries to room temperature. Oil the grill and cook the steak over a medium-hot fire for about 4 minutes per side, or until lightly charred on both sides and medium rare within.
- Transfer the steak to a cutting board and let rest for 5 minutes.
- In a medium bowl, mix the vinegar with the remaining 1 teaspoon of olive oil.
- Add the cherry tomatoes, cucumber and parsley, season with salt and pepper and toss well. Slice the steak 1/4 inch thick and serve with the wheat berries and the tomato salad.
- Make Ahead: The tomato-chipotle sauce and the wheat berry salad can be refrigerated for up to 3 days.
- Wine Recommendation: The rare steak and intense tomato dressing point to an equally rich red wine, with plenty of ripe fruit. Choose a juicy, supple Syrah from Washington State, one without too much tannin or smoky oak, such as the bargain 2000 Snoqualmie or the 1999 Hogue.

## Nutrition Facts



## Properties

Glycemic Index:46.07, Glycemic Load:3.89, Inflammation Score:-8, Nutrition Score:32.753913257433%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 834.93kcal (41.75%), Fat: 45.08g (69.35%), Saturated Fat: 15.14g (94.65%), Carbohydrates: 52.39g (17.46%), Net Carbohydrates: 41.89g (15.23%), Sugar: 10.92g (12.13%), Cholesterol: 127.01mg (42.34%), Sodium: 651.95mg (28.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.35g (112.7%), Vitamin B12: 6.3µg (105.08%), Selenium: 39.69µg (56.7%), Vitamin B6: 1.06mg (53.24%), Zinc: 7.94mg (52.92%), Vitamin B3: 9.9mg (49.52%), Iron: 8.62mg (47.88%), Vitamin K: 49.35µg (47%), Phosphorus: 460.06mg (46.01%), Fiber: 10.5g (41.99%), Vitamin C: 31.37mg (38.02%), Potassium: 1329.97mg (38%), Vitamin B2: 0.51mg (30.1%), Vitamin E: 3.57mg (23.79%), Copper: 0.44mg (22.18%), Vitamin A: 1032.73IU (20.65%), Vitamin B1: 0.31mg (20.45%), Magnesium:

78.95mg (19.74%), Manganese: 0.33mg (16.25%), Vitamin B5: 1.02mg (10.17%), Folate: 39.88µg (9.97%), Calcium:  
87.57mg (8.76%)