



Cuban Beef Stew

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

READY IN



130 min.

SERVINGS



8

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 8 ounce tomato sauce canned
- 2 tablespoons capers
- 0.5 cup cooking sherry dry
- 4 cloves garlic minced
- 0.5 teaspoon ground cumin
- 2 tablespoons olive oil
- 1 onion chopped

- 1 teaspoon oregano dried
- 0.3 cup pimento-stuffed olives green
- 4 potatoes peeled quartered
- 0.3 cup raisins
- 1 bell pepper red chopped
- 2 tablespoons red wine vinegar
- 8 servings salt and pepper to taste
- 1.5 pounds sirloin tips cubed

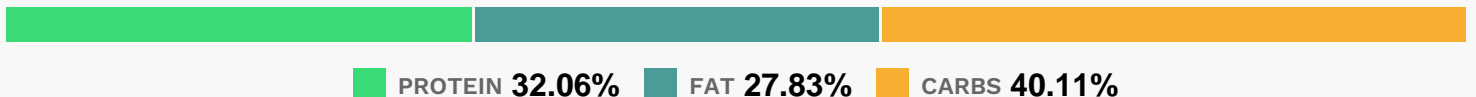
Equipment

- frying pan

Directions

- In a large saute pan, heat oil over medium heat. Cook onion and garlic in oil, stirring frequently, until transparent. Stir in cubed meat, and cook until browned. Stir in red bell pepper, bay leaf, cumin, and oregano; cook for 2 to 3 minutes.
- Stir in sherry, tomato sauce, vinegar, olives, raisins, and capers.
- Pour in enough water to just cover meat. Bring to boil, reduce heat to low, and cover. Simmer until fork tender, about 1 1/2 hours.
- Add more water if the stew becomes too thick.
- Stir potatoes into the stew. Season with salt and pepper to taste. Cook, covered, until potatoes are almost tender. Uncover, and cook until done.

Nutrition Facts



Properties

Glycemic Index:37.69, Glycemic Load:16.69, Inflammation Score:-8, Nutrition Score:18.533912920434%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 280.38kcal (14.02%), Fat: 8.4g (12.93%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 23.27g (8.46%), Sugar: 3.25g (3.61%), Cholesterol: 51.88mg (17.29%), Sodium: 508.29mg (22.1%), Alcohol: 1.54g (100%), Alcohol %: 0.69% (100%), Protein: 21.78g (43.57%), Vitamin C: 43.87mg (53.17%), Vitamin B6: 0.95mg (47.64%), Vitamin B3: 7.99mg (39.97%), Selenium: 22.6µg (32.28%), Potassium: 938.56mg (26.82%), Zinc: 4.02mg (26.8%), Phosphorus: 260.65mg (26.06%), Iron: 3.04mg (16.91%), Vitamin B12: 1.01µg (16.87%), Fiber: 3.98g (15.93%), Manganese: 0.32mg (15.84%), Magnesium: 57.14mg (14.29%), Copper: 0.25mg (12.61%), Vitamin A: 617.76IU (12.36%), Vitamin B1: 0.17mg (11.3%), Vitamin E: 1.67mg (11.14%), Vitamin B5: 1.04mg (10.43%), Folate: 41.67µg (10.42%), Vitamin B2: 0.18mg (10.41%), Vitamin K: 9.01µg (8.58%), Calcium: 58.84mg (5.88%)