



## Early California Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 pounds fat-trimmed beef chuck boneless cut into 1/2-inch cubes
- ☐ 30 oz pinto beans canned
- ☐ 14.5 oz canned tomatoes chopped canned
- ☐ 2 carrots
- ☐ 0.1 cup chipotle chilies dried
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons ground cumin
- ☐ 30 oz hominy white canned

- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 3 poblano chilies fresh (also called pasilla chilies)
- ☐ 2 teaspoons red wine vinegar
- ☐ 6 servings salt
- ☐ 0.8 lb turnip peeled

## Equipment

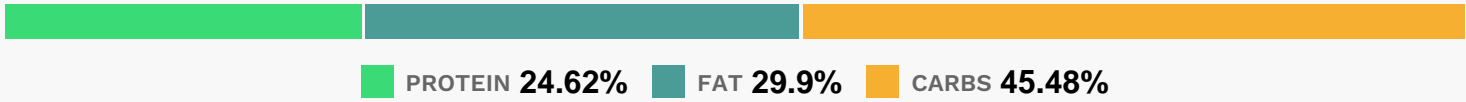
- ☐ bowl
- ☐ frying pan

## Directions

- ☐ At home: Stem, seed, devein, and coarsely chop poblano chilies.
- ☐ In a 5- to 6-quart nonstick pan over medium-high heat, combine poblano chilies and 1 1/2 teaspoons olive oil. Stir often until chilies are limp, about 5 minutes.
- ☐ Pour chilies into a bowl.
- ☐ To pan, add remaining oil, meat, cumin, and oregano. Stir occasionally until meat is browned, about 5 minutes.
- ☐ Add onion, garlic, and vinegar. Stir often until onion is limp, about 3 minutes.
- ☐ To pan, add tomatoes with their juice and 1 cup water. Cover and simmer over low heat until meat is tender when pierced, about 1 1/4 hours.
- ☐ Soak chipotles with 1 cup hot water until pliable, about 20 minutes. Stem, seed, devein, and mince chipotles.
- ☐ Cut turnip and carrots into 1/2-inch-thick sticks no more than 3 inches long.
- ☐ Drain and rinse beans and hominy.
- ☐ To pan, add turnip, carrots, beans, hominy, and poblano chilies; stir, then add chipotle chilies to taste. Cover and simmer until vegetables are tender when pierced, about 20 minutes. Season to taste with salt.

- ☐
- Uncover stew and let cool. Seal in plastic freezer bags. Chill up to 2 days, or freeze up to 2 months. Transport in an insulated chest.
- ☐
- In camp: In a covered nonstick pan over low heat, warm chilled (thawed) stew, stirring occasionally.
- ☐
- Add a little water to thin slightly, if desired.

Nutrition Facts



Properties

Glycemic Index:52.47, Glycemic Load:12.35, Inflammation Score:-10, Nutrition Score:35.494347561961%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 535.58kcal (26.78%), Fat: 18.22g (28.03%), Saturated Fat: 6.54g (40.86%), Carbohydrates: 62.37g (20.79%), Net Carbohydrates: 46.65g (16.96%), Sugar: 15.05g (16.72%), Cholesterol: 78.24mg (26.08%), Sodium: 1306.42mg (56.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.76g (67.53%), Vitamin A: 3795.2IU (75.9%), Zinc: 11.38mg (75.88%), Vitamin C: 55.92mg (67.78%), Fiber: 15.72g (62.87%), Vitamin B12: 3.1µg (51.6%), Manganese: 0.96mg (47.8%), Phosphorus: 465.3mg (46.53%), Vitamin B6: 0.91mg (45.48%), Iron: 7.48mg (41.56%), Selenium: 28.95µg (41.36%), Potassium: 1307.24mg (37.35%), Vitamin B3: 6.99mg (34.93%), Magnesium: 126.9mg (31.72%), Copper: 0.58mg (29.06%), Vitamin K: 20.24µg (19.27%), Vitamin B1: 0.28mg (18.75%), Folate: 74.15µg (18.54%), Vitamin E: 2.75mg (18.3%), Calcium: 177.84mg (17.78%), Vitamin B2: 0.3mg (17.44%), Vitamin B5: 1.57mg (15.71%)