



Grilled Steak over Black Beans with Chimichurri Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup chicken broth low-sodium homemade canned
- ☐ 2 tablespoons cooking oil
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 onion chopped
- ☐ 0.7 cup jar pimentos drained sliced

- ☐ 1 teaspoon salt
- ☐ 1.5 pounds rump steak
- ☐ 0.7 cup tomatoes in purée thick canned crushed

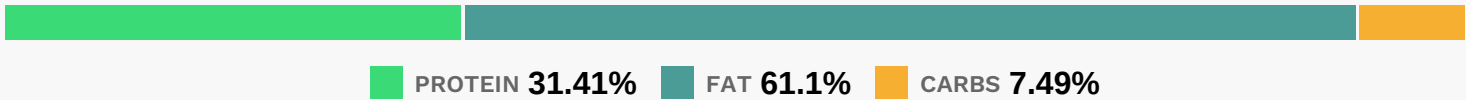
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ broiler

Directions

- ☐ In a medium saucepan, heat 1 tablespoon of the oil over moderately low heat.
- ☐ Add the onion and garlic and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the beans, broth, tomatoes, pimentos, bay leaf, and 1/2 teaspoon of the salt. Simmer until thickened, about 20 minutes.
- ☐ Remove the bay leaf.
- ☐ Light the grill or heat the broiler. Rub the steak with the remaining oil; sprinkle with the remaining salt and the pepper. Grill or broil for 4 minutes. Turn; cook to your taste, about 4 minutes longer for medium-rare.
- ☐ Cut into thin diagonal slices. Top the beans with the steak and sauce.
- ☐ Serve With: Chimichurri Sauce
- ☐ Wine Recommendation: This robust dish needs a rollicking red. Go for an all-American Napa, Sonoma, or Amador zinfandel for spiciness and big fruit flavor.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:22.441739414049%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 485.55kcal (24.28%), Fat: 32.84g (50.52%), Saturated Fat: 10.89g (68.08%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 7g (2.55%), Sugar: 4.1g (4.56%), Cholesterol: 95.25mg (31.75%), Sodium: 751.12mg (32.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.98g (75.96%), Vitamin B12: 4.79µg (79.8%), Vitamin C: 39.74mg (48.17%), Vitamin B6: 0.86mg (42.93%), Selenium: 28.84µg (41.2%), Zinc: 5.9mg (39.32%), Vitamin B3: 7.77mg (38.83%), Phosphorus: 344.94mg (34.49%), Iron: 4.85mg (26.95%), Potassium: 807.36mg (23.07%), Vitamin B2: 0.38mg (22.26%), Vitamin A: 939.3IU (18.79%), Vitamin B1: 0.22mg (14.96%), Copper: 0.28mg (13.86%), Vitamin E: 2.01mg (13.38%), Magnesium: 48.49mg (12.12%), Manganese: 0.22mg (10.9%), Vitamin K: 10.75µg (10.23%), Fiber: 2.06g (8.22%), Vitamin B5: 0.69mg (6.92%), Folate: 23.05µg (5.76%), Calcium: 40.04mg (4%)