



## La Concha Beef Tips

READY IN



190 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 1 pound filet of beef tips
- ☐ 2 ounces butter
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves
- ☐ 4 servings ghee
- ☐ 3 ounces cooking wine dry red
- ☐ 1 egg yolk
- ☐ 1 lime

- ☐ 4 ounces peas frozen
- ☐ 4 servings bell pepper
- ☐ 4 ounces potatoes peeled
- ☐ 8 ounces beans red
- ☐ 4 servings salt
- ☐ 2 ounces serrano chili juice from can
- ☐ 4 serrano chili peppers canned
- ☐ 12 ounces tomatoes
- ☐ 6 cups water cold

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ slotted spoon

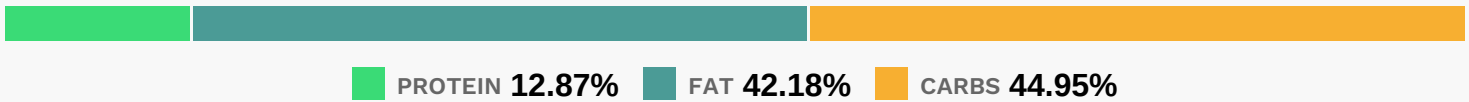
## Directions

- ☐ Place the red beans (rinsed) into a large pan and cover with 5 cups of cold water. Bring to a boil and simmer for 2 1/2 hours. Peel the potato, slice and cut into small pieces. Squeeze the lime juice over the potato and season with salt.
- ☐ Remove the silver skin from the tenderloin. Very carefully remove and discard the seeds from the serrano chilis and finely chop them. Blanch the tomatoes in boiling water for 2 minutes – with a slotted spoon, remove and cool – then peel off skin and discard the seeds. Wash, dry and finely chop the cilantro. Cube the meat into 1 inch cubes. Chop the yolk of the egg into a crumb mixture.
- ☐ Place a large frypan on high heat and add 1 tablespoon of clarified butter. One by one drop the cubes of meat into it. Season generously with salt and black pepper.
- ☐ Sprinkle 1 tablespoon of the flour over the top of the meat and stir.
- ☐ Pour the 2 ounces of chili juice from the can onto the meat.
- ☐ Add the finely chopped peppers. Stir the simmering beans and add 1 cup of cold water. Quickly pass the blade of the knife through two of the tomatoes and add to the meat.

Moisten with 1/4 cup of red wine. Stir the meat once again. Dry the lime marinated potato strips on a paper towel and add the meat mixture.

- ☐ Add the peas. Moisten again with 1 ounce of red wine and reduce the heat to low. Mash the beans and beat in the butter and season with one teaspoon of chili powder.
- ☐ Cut the remaining 6 ounces of tomatoes into small pieces and add these to the beans.
- ☐ Pour the meat onto a serving platter and arrange the beans along the side.
- ☐ Sprinkle the chopped egg yolk and cilantro over the top and serve.

## Nutrition Facts



## Properties

Glycemic Index:104.59, Glycemic Load:10.71, Inflammation Score:-10, Nutrition Score:24.163912918257%

## Flavonoids

Petunidin: 0.71mg, Petunidin: 0.71mg, Petunidin: 0.71mg, Petunidin: 0.71mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Malvidin: 5.58mg, Malvidin: 5.58mg, Malvidin: 5.58mg, Malvidin: 5.58mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

## Nutrients (% of daily need)

Calories: 313.77kcal (15.69%), Fat: 14.71g (22.63%), Saturated Fat: 8.5g (53.13%), Carbohydrates: 35.28g (11.76%), Net Carbohydrates: 24.82g (9.02%), Sugar: 8.51g (9.45%), Cholesterol: 81.64mg (27.21%), Sodium: 327.02mg (14.22%), Alcohol: 2.23g (100%), Alcohol %: 0.34% (100%), Protein: 10.1g (20.2%), Vitamin C: 138.61mg (168.01%), Vitamin A: 4036.77IU (80.74%), Fiber: 10.47g (41.86%), Folate: 160.37µg (40.09%), Manganese: 0.67mg (33.73%), Vitamin B6: 0.62mg (31.06%), Vitamin K: 27.36µg (26.06%), Potassium: 875.54mg (25.02%), Phosphorus: 202.73mg (20.27%), Vitamin B1: 0.3mg (20.08%), Copper: 0.39mg (19.3%), Iron: 3.43mg (19.07%), Magnesium: 70.4mg (17.6%), Vitamin E: 2.51mg (16.74%), Vitamin B3: 2.98mg (14.88%), Vitamin B2: 0.22mg (13.02%), Zinc: 1.63mg (10.87%), Vitamin B5: 0.79mg (7.91%), Selenium: 4.9µg (7%), Calcium: 69.87mg (6.99%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.24µg (1.62%)