



## Lengua (Beef Tongue) Stew



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pound beef tongue
- 2 large carrots shredded
- 2 stalks celery thinly sliced
- 1 small leek thinly sliced
- 1 large onion thinly sliced
- 1 teaspoon salt
- 6 servings salt and pepper black to taste
- 2 ounce taco seasoning goya® (such as )

- 6 ounce tomato paste canned
- 2 tablespoons vegetable oil

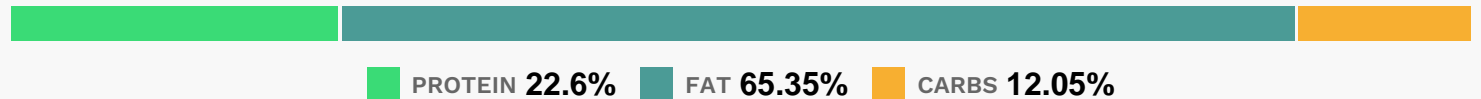
## Equipment

- pot

## Directions

- Place the beef tongue into a tight-fitting pot and cover with water by 1 inch.
- Add the salt and bring to a boil. Reduce heat to medium-low, cover, and simmer until the meat is tender, about 2 hours. Strain and reserve the cooking liquid.
- Remove and discard the skin from the tongue. Shred the meat using two forks; set aside.
- Heat the vegetable oil in a large pot over medium-high heat. Stir in the onion, leek, celery, and carrots. Cook and stir until the vegetables soften, about 5 minutes. Stir in the tomato paste until no lumps remain and cook for 1 minute more.
- Add the shredded meat to the pot along with the reserved broth and taco seasoning. Bring to a boil; reduce heat to medium-low and simmer until the vegetables are tender, 20 to 30 minutes. Season to taste with salt and pepper before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.31, Glycemic Load:2.51, Inflammation Score:-10, Nutrition Score:22.52608725299%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

## Nutrients (% of daily need)

Calories: 481.71kcal (24.09%), Fat: 35g (53.85%), Saturated Fat: 12.33g (77.09%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 10.63g (3.87%), Sugar: 5.97g (6.64%), Cholesterol: 107.35mg (35.78%), Sodium: 1513.7mg

(65.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.24g (54.48%), Vitamin A: 5264.52IU (105.29%), Vitamin B12: 3.24µg (53.93%), Zinc: 6.53mg (43.56%), Vitamin B3: 7.1mg (35.52%), Selenium: 23.2µg (33.15%), Vitamin B6: 0.64mg (31.92%), Phosphorus: 272.01mg (27.2%), Vitamin K: 26.71µg (25.44%), Iron: 4.41mg (24.49%), Potassium: 666.08mg (19.03%), Vitamin B2: 0.27mg (15.95%), Fiber: 3.89g (15.57%), Vitamin C: 12.32mg (14.93%), Vitamin E: 1.68mg (11.21%), Manganese: 0.22mg (11.01%), Magnesium: 42.39mg (10.6%), Vitamin B5: 0.99mg (9.88%), Folate: 37.87µg (9.47%), Copper: 0.19mg (9.38%), Vitamin B1: 0.13mg (8.35%), Calcium: 64.97mg (6.5%), Vitamin D: 0.15µg (1.01%)