



Mexi-Texi Bistec Pedazos on Roasted Corn and Garlic Chipotle-Cilantro Mashers

 Dairy Free

READY IN



190 min.

SERVINGS



6

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings garnish: avocado sliced
- ☐ 2 cups beef broth
- ☐ 3 pounds beef top sirloin roast boneless cut into 2- to 2 1/2-inch pieces
- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons mccormick gourmet collection chili powder mexican style
- ☐ 0.5 teaspoon mccormick gourmet collection chipotle chile pepper
- ☐ 0.8 cup flour all-purpose

- ☐ 2 teaspoons mccormick gourmet collection ground cumin
- ☐ 2 teaspoons mccormick gourmet collection mexican oregano leaves
- ☐ 6 servings roasted corn and garlic chipotle–cilantro mashers
- ☐ 1.5 teaspoons salt divided
- ☐ 3 tablespoons crisco vegetable oil
- ☐ 1 cup warm water

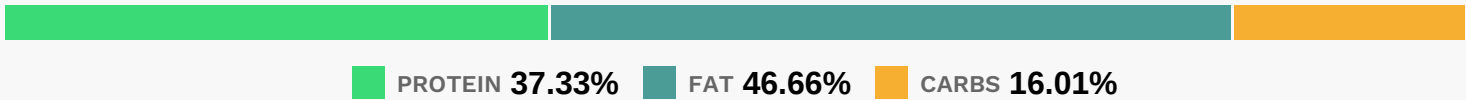
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Sprinkle roast evenly with 1/2 tsp. salt and 1/2 tsp. black pepper. Brown roast on all sides in hot oil in a Dutch oven over high heat.
- ☐ Stir together flour, next 4 ingredients, and remaining 1 tsp. salt in a large bowl.
- ☐ Whisk in 1 cup warm water until smooth.
- ☐ Add 2 cups beef broth to Dutch oven. Stir in flour mixture. Bring to a boil over high heat; cover tightly, reduce heat to low, and simmer 2 hours to 2 hours and 30 minutes or until meat is tender, stirring every 20 minutes.
- ☐ Divide Roasted Corn and Garlic Chipotle–Cilantro Mashers evenly among 6 serving plates. Arrange roast equally on top of Mashers, and top with gravy mixture. Dollop each serving with sour cream, and sprinkle with chopped cilantro, if desired.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:9.68, Inflammation Score:-8, Nutrition Score:36.48695655491%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 571.66kcal (28.58%), Fat: 29.74g (45.75%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 15.03g (5.46%), Sugar: 0.99g (1.1%), Cholesterol: 124.74mg (41.58%), Sodium: 1032.91mg (44.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.53g (107.07%), Selenium: 72.21µg (103.16%), Vitamin B3: 17.87mg (89.35%), Vitamin B6: 1.76mg (87.88%), Zinc: 10.24mg (68.25%), Phosphorus: 550.84mg (55.08%), Vitamin B12: 2.89µg (48.18%), Vitamin K: 41.26µg (39.29%), Potassium: 1356.91mg (38.77%), Iron: 6.32mg (35.14%), Folate: 140.36µg (35.09%), Vitamin B2: 0.55mg (32.24%), Fiber: 7.93g (31.72%), Vitamin B5: 2.93mg (29.3%), Vitamin B1: 0.4mg (26.94%), Vitamin E: 3.65mg (24.34%), Copper: 0.47mg (23.36%), Magnesium: 92.88mg (23.22%), Manganese: 0.43mg (21.29%), Vitamin C: 11.01mg (13.34%), Calcium: 91.27mg (9.13%), Vitamin A: 364.65IU (7.29%)