



Mexican Beef Stew

 **Gluten Free**  **Very Healthy**

READY IN



260 min.

SERVINGS



4

CALORIES



1065 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ancho chiles
- 4 ounces smoky bacon chopped
- 2 cups beef stock
- 12 ounce lager beer mexican-style (recommended: Negra Modelo)
- 4 servings black beans
- 14 ounce canned tomatoes diced whole crushed canned
- 4 servings cilantro leaves fresh
- 4 large cloves garlic grated finely chopped

- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 tablespoon honey
- 1 juice of lime
- 4 servings kosher salt and pepper black freshly ground
- 4 servings olive oil for drizzling
- 2 medium onions finely chopped
- 4 servings cup heavy whipping cream sour
- 2 pounds beef top round cut into bite-size chunks
- 4 servings charred tortillas
- 2 teaspoons cocoa unsweetened

Equipment

- food processor
- frying pan
- oven
- pot
- slotted spoon
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 275 degrees F.
- Stem and seed the chiles and place in a pot with beef stock over high heat. Bring to a boil, then reduce the heat and simmer gently to reconstitute (see Cook's Note).
- Heat a large Dutch oven with a drizzle of oil over medium-high heat, and add the bacon to the pan and stir until crisp.

- Remove with a slotted spoon. Pat the meat dry, season with a little salt and lots of black pepper, then add to the bacon drippings and brown evenly to caramelize the meat. Brown the meat in 2 batches if necessary in order not to crowd the pan.
- Remove the meat and add another drizzle of oil, if necessary.
- Add the onions, and garlic and soften a few minutes. Stir in the cumin, coriander, cocoa, cinnamon, and cloves, and stir to toast the spices and combine. Deglaze the pan with beer and evaporate.
- In a food processor, puree the softened peppers and stock with tomatoes.
- Pour into the pot, slide the browned meat and bacon back in, and drizzle in the honey. Cover the pot and transfer to the oven for 2 1/2 hours or until the meat falls apart with a fork. Cool and store for a make-ahead meal. Reheat over medium heat and add the lime juice just before serving.
- Garnish with sour cream and fresh cilantro leaves, and serve with tortillas or rice and warm black beans.

Nutrition Facts



■ **PROTEIN 28.87%**
■ **FAT 35.47%**
■ **CARBS 35.66%**

Properties

Glycemic Index:71.94, Glycemic Load:13.49, Inflammation Score:-10, Nutrition Score:61.336956428445%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1065.09kcal (53.25%), Fat: 41.98g (64.59%), Saturated Fat: 11.11g (69.43%), Carbohydrates: 95g (31.67%), Net Carbohydrates: 68.49g (24.9%), Sugar: 32.87g (36.53%), Cholesterol: 164.14mg (54.71%), Sodium: 1006.98mg (43.78%), Alcohol: 3.32g (100%), Alcohol %: 0.51% (100%), Protein: 76.88g (153.76%), Vitamin A: 14426.1IU

(288.52%), Selenium: 91.26µg (130.37%), Vitamin B3: 24.76mg (123.82%), Vitamin B6: 2.34mg (117.2%), Fiber: 26.51g (106.06%), Phosphorus: 911.44mg (91.14%), Zinc: 12.93mg (86.21%), Vitamin B2: 1.31mg (76.88%), Potassium: 2646.31mg (75.61%), Iron: 13.14mg (73%), Manganese: 1.43mg (71.54%), Vitamin K: 71.73µg (68.31%), Folate: 234.95µg (58.74%), Vitamin B12: 3.25µg (54.1%), Vitamin B1: 0.79mg (52.65%), Magnesium: 207.86mg (51.97%), Copper: 0.73mg (36.67%), Vitamin C: 26.08mg (31.61%), Vitamin E: 4.61mg (30.76%), Vitamin B5: 2.64mg (26.35%), Calcium: 244.49mg (24.45%)